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LAST CALL

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METRO GETS TOUGH WITH LEADERS {pages 6, 8, 9}

TORONTO metro®
Monday, May 2, 2011
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News worth sharing.

BIN LADEN IS DEAD

President Obama confirms long-sought 9-11 mastermind killed during U.S.-led operation

Osama bin Laden, the glowering mastermind behind the Sept. 11, 2001, terror attacks that killed thousands of Americans, was killed in an operation led by the United States, President Barack Obama said last night.

A small team of Americans carried out the attack and took custody of bin Laden's remains, the president said in a dramatic late-night statement at the White House.

A jubilant crowd gathered outside the White House as word spread of bin Laden's death after a global manhunt that lasted nearly a decade.

"Justice has been done," the president said.

The development comes just months before the 10th anniversary of the Sept. 11 attacks on the World Trade Center towers in New York and Pentagon in Washington, orchestrated by bin Laden's al-Qaida organization, that killed more than 3,000 people.

The attacks set off a chain of events that led the United States into wars in Afghanistan and then Iraq.

THE ASSOCIATED PRESS

ABC NEWS/THE ASSOCIATED PRESS FILE

▶ In this file image taken from a video broadcast in 1998, Osama bin Laden speaks during an interview at an undisclosed location in Afghanistan.

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Mystery grows over origin of Layton leak

Liberals, Tories have denied they were involved in releasing details of incident at massage parlour

Election 2011

Two Canadian journalists say that they, too, were leaked the story of Jack Layton's massage-parlour run-in years ago, raising questions about how the potentially damaging story emerged just days before voters head to the ballot box.

Sun News Network reported Friday that, in 1996, the NDP leader was found by police officers in a Toronto massage parlour that police suspected was operating as a bawdy house. Layton, then a city councillor, was cautioned not to return and released without charge, according to Sun's source, an anonymous retired officer who allegedly found Layton at the parlour.

Layton responded to the reports by saying he was there to get a legitimate massage and had no idea the place was considered to be less than reputable.

On Saturday, National Post columnist Jonathan Kay tweeted that he was approached about the story on Oct. 12, 2008, two days before the last federal election, by someone he described as a "Liberal fixer."

Investigation

- The OPP said Saturday that it would launch a criminal investigation into the leak, after Toronto police Chief Bill Blair asked the force to probe a possible breach of trust regarding the disclosure.

The individual, Kay says, gave him an electronic copy of a Liberal party lawyer's Freedom of Information request into the Layton incident. But Kay says the police source behind the story wouldn't speak to him, and he couldn't obtain the officer's notebook himself, so he let the story drop.

"I mention this only because the leak itself has become the story," Kay tweeted.

"I have no idea who leaked the Layton/massage story this time around."

Also on Saturday, Warren Kinsella, a columnist for various publications, blogged that he was approached about the story two years ago, but he chose not to pursue it because he believed readers would assume that anyone who reported on it was being manipulated by a political party bent on hurting Layton. TORSTAR NEWS SERVICE

Chow defends husband

Trinity-Spadina candidate Olivia Chow has released a statement saying she knew about the massage appointment at the time.

"Any insinuation of wrongdoing on the part of my husband is completely and utterly false, which is why after 16 years and eight election campaigns that my husband has campaigned in, this has never been an issue."

Fundraiser. Children's Aid

▶ Actor Debra McGrath and her husband, comedian Colin Mochrie, toast to the inaugural Ignite the Spark celebrity tribute and fashion show in support of the Children's Aid Foundation at the Liberty Grand in Toronto yesterday.

COURTESY OF NICK TURCHIARO

Raising a glass for the kids

Hosted by Global Toronto's News Hour at Six co-anchors Leslie Roberts and Anne Mroczkowski, the Ignite the Spark fundraiser honoured the inspirational journeys of a select group of Canadian celebrities. The affair also featured a raffle for 2.5-carat "Spark" diamond jewelry created specially for the event, as well as the auctioning of items including a 13-day luxury South African getaway, a fully furnished designer bedroom courtesy of celebrated interior designer Moe Razi and several priceless experiences with the National Ballet of Canada, Toronto FC and Closson Chase Vineyards.

TTC crackdown yields suspensions

The Toronto Transit Commission launched more than 70 investigations in a winter crackdown on distracted driving that saw operators punished for using cellphones, listening to iPods and reading newspapers behind the wheel.

Facing a surge in complaints from customers, the commission suspended 27 drivers in February and the first week of March, TTC documents show.

The documents were obtained by the Toronto Star through a Freedom of Information request.

All but one of the suspended drivers got their jobs back after investigations by TTC officials, the documents show. Most had their records wiped clean and lost wages returned, but saw a "final notice letter" slipped in their personnel file — meaning those who reoffend will be fired immediately.

One operator was terminated and no longer works for the commission. Others faced varying levels of discipline not specified in the documents.

TORSTAR NEWS SERVICE

1 news

Victims of the American South's deadly twisters seek solace in Sunday service.
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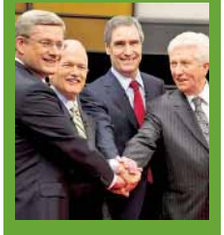

Canada's federal party leaders make one last mad dash for votes ahead of election day. Video at metronews.ca.

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Support for slain officer's family

Benefit concert to honour Sgt. Ryan Russell's family Venue will be inside Exhibition Place at The Queen Elizabeth Theatre in Toronto

NATHAN DENETTE/THE CANADIAN PRESS

Christine Russell, right, looks down at her son Nolan Russell, 2, as they attend the funeral for Toronto Police Sgt. Ryan Russell in Toronto on Jan. 18. Russell was killed by a stolen snowplow on Jan. 12 in Toronto.

Tickets

Purchase Tickets can be purchased at www.comedy-benefit.eventbrite.com or from Toronto Police Services 52 Division, 255 Dundas Street West, Toronto VIP reception at 7:30 p.m. Doors open at 8 p.m. Show time 9 p.m.

MARK HERBERT
TORONTO@METRONEWS.CA

It has been just over four months since slain Toronto police officer Sgt. Ryan Russell was laid to rest and the tremendous support the family has received will continue in the form of a Benefit Concert May 4 at the Queen Elizabeth Theatre.

"We wanted to do something for the family," said Ann Waltos, senior partner of Mackenzie Grant Associates. "We wanted to give them a night that was really fun."

Waltos said the family has received support since the fateful morning of Jan.12, but thinks it's time to give Sgt. Russell's wife and son a night of laughter.

"We wanted to do something that was more of a release," said Waltos, who has worked with the Toronto Police Service for 16 years. "This is more in line with his personality."

The night will feature comedians Rob Pue and Stephen Patterson, with Deputy Chief Kim Derry as the Master of Ceremonies.

Waltos said $25 is a great price for this calibre of show.

"It's going to be a good time and is supporting a good cause and you're going to see a great show," Waltos said. "If you can't get Russell Peters, you're flipping lucking to get Rob Pue."

Brampton family in shock after dog shot in backyard

One minute, Mariam Arian's family dog was running energetically around their Brampton backyard. The next, the beloved Yorkshire Terrier was bleeding profusely, dying in her husband's arms.

Just after 9 p.m. Friday, Mickey, the Arians' two-year-old companion, was shot behind their Peel Village home in what police are calling a "random and alarming" attack.

Arian's husband and daughter were at home watching TV when they heard a loud bang come from the backyard. When they stepped outside, the dog ran over to them and collapsed at their feet.

That's when Arian got a horrifying call from her six-year-old daughter, Sarah.

"She was saying 'Mommy you have to come home right away. Something has happened to Mickey. He was shot, he is bleeding everywhere,'" says Arian.

CONTRIBUTED

A Brampton family's Yorkshire Terrier, Mickey, was shot and killed while running around in their Peel Village home Friday night.

Moments later, Arian arrived home to find her husband cradling the dog in his arms. The couple rushed him to an emergency veterinary clinic — their tiny, seven-pound dog bled all over the car.

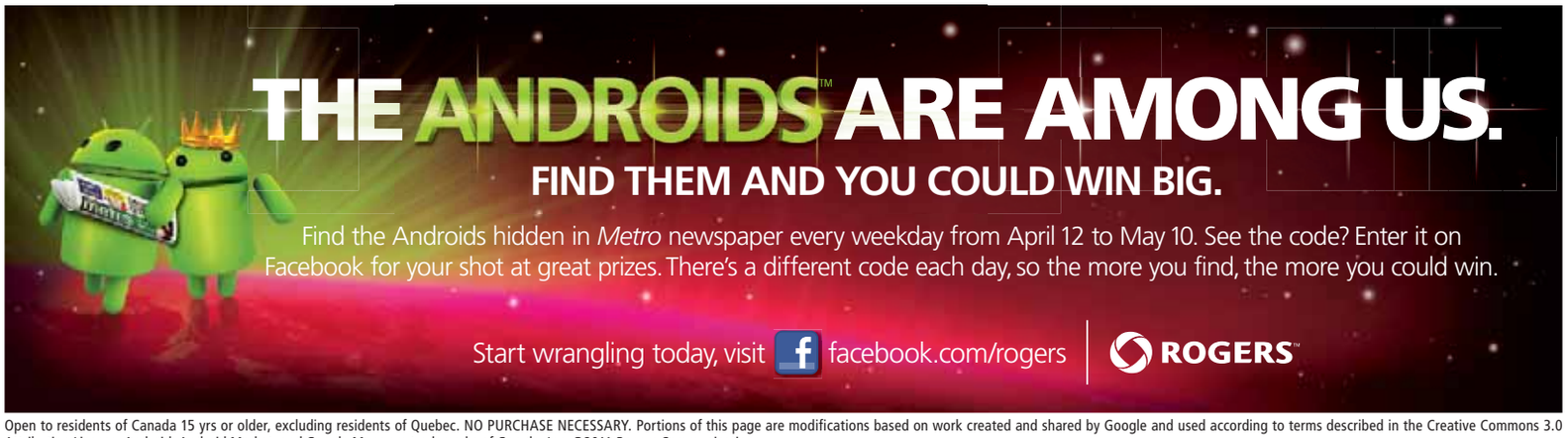
X-rays revealed a bullet had shot through Mickey's lung, causing grave internal injuries.

TORSTAR NEWS SERVICE

Weapon used

Handgun Peel police believe the dog was shot by a small-calibre weapon, likely a handgun, says Const. Adam Minnion.

Isolated incident The shooting appears to have been an isolated attack.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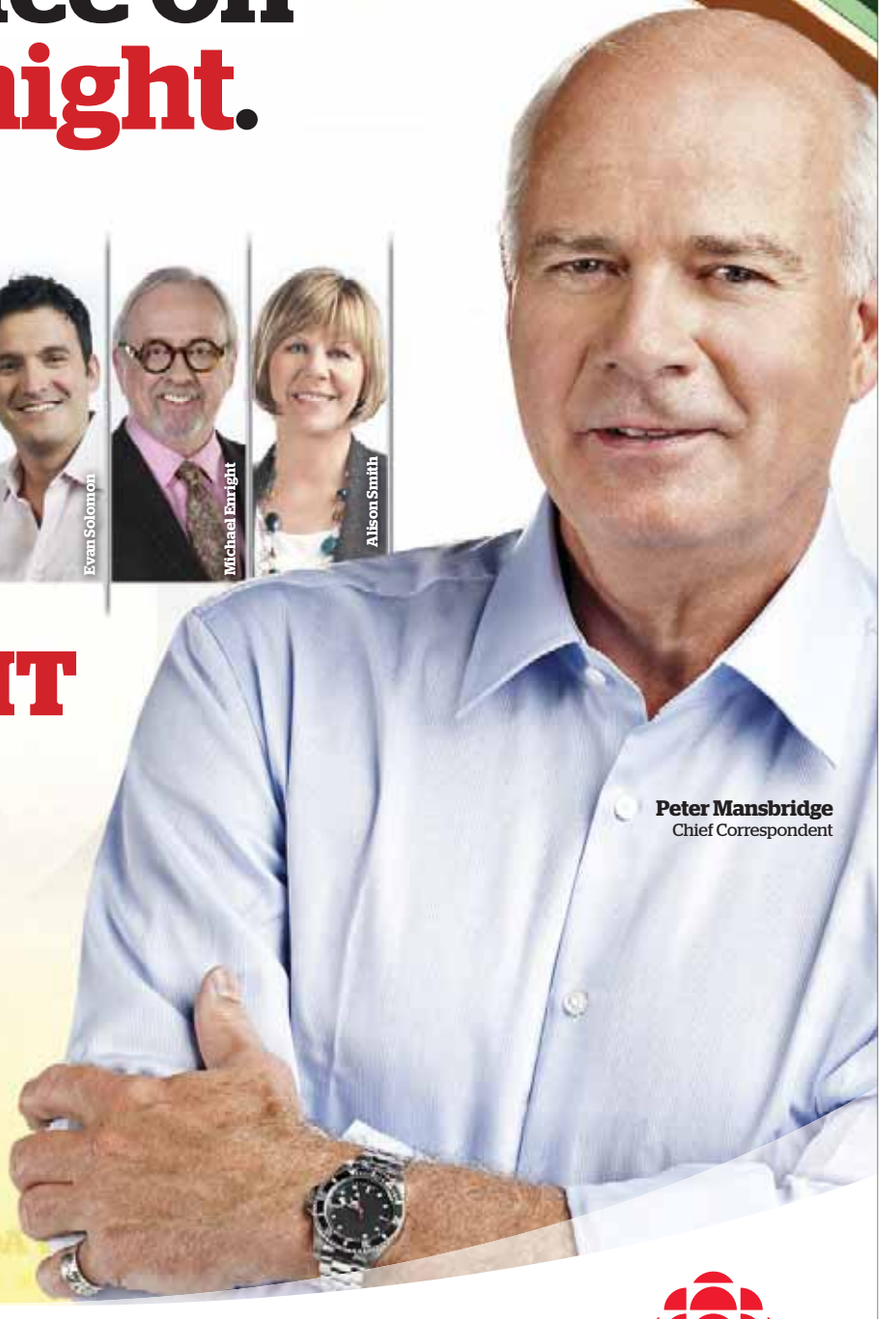

Peter Mansbridge
Chief Correspondent

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CBC news

Is that your best shot?

Politicians are a thick-skinned lot, but the attacks can wear thin We asked the three leading candidates to respond to their rivals' hardest jabs

Election 2011

The rap: Liberal Leader Michael Ignatieff has lived outside of Canada for a number of years and shouldn't be trusted.

The counter-punch: "I think the fact that I've lived outside the country is a reason to trust me more. I've got international experience. This is a prime minister who lost our seat on the Security Council of the United Nations. This is the prime minister who presided over the decline in our international prestige.

"And what is he saying here? The only good Canadian is the Canadian who's never left the country. That doesn't sound right to me. A Canadian is a Canadian. I'm proud of what I did overseas and I'm proud I've come back to serve."

The rap: Prime Minister Stephen Harper doesn't respect democracy.

The counter-punch: "I think the people who are out of office always say it's undemocratic. We've received two mandates from the Canadian population. We hope to receive a third and we'll accept whatever the democratic judgment of Canadians is. I think we're in this election, to a significant extent, because the other parties have simply refused to accept the democratic judgment of Canadians and are forcing election after election after election.

"This is, I think, why Canada needs a stable majority Conservative government. So we deal with the real issues, not all these parliamentary manoeuvres, which, frankly, I think, turn the public off. Instead, parliament should focus on the economy and the real concerns of Canadians."

The rap: New Democratic Party Leader Jack Layton can't be trusted with the economy.

The counter-punch: "First, I think the old-line parties have lost the trust of Canadians and people are asking themselves who they can trust to be on their side to focus on the issues that concern their family.

"When it comes to offering a good balanced budget and fiscal responsibility, the party that in power has shown itself to have the best record is the NDP. That was a study done by the finance department and there are the very good current examples of the NDP government in Manitoba, with nine balanced budgets in a row, and the recent budget just approved in the House of Assembly in Nova Scotia, with a surplus — again, another NDP government. In fact, when you go to Saskatchewan, they'll tell you it's the Conservatives who leave the finances in a mess."

INTERVIEW QUESTIONS FOR THE 3 LEADERS WERE ASKED LIVE BY SEAN MCKIBBON, JESSICA SMITH AND JOE LOFARO OF METRO OTTAWA

ADRIAN WYLD/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper musters a smile during a campaign speech at a rally in London, Ont., yesterday.

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PAUL CHIASSON/THE CANADIAN PRESS

▶ Liberal leader Michael Ignatieff walks in the rain following a campaign stop at a delicatessen in Thornhill yesterday.

Leaders make their 'elevator pitch'

Why should Metro readers vote for your party?

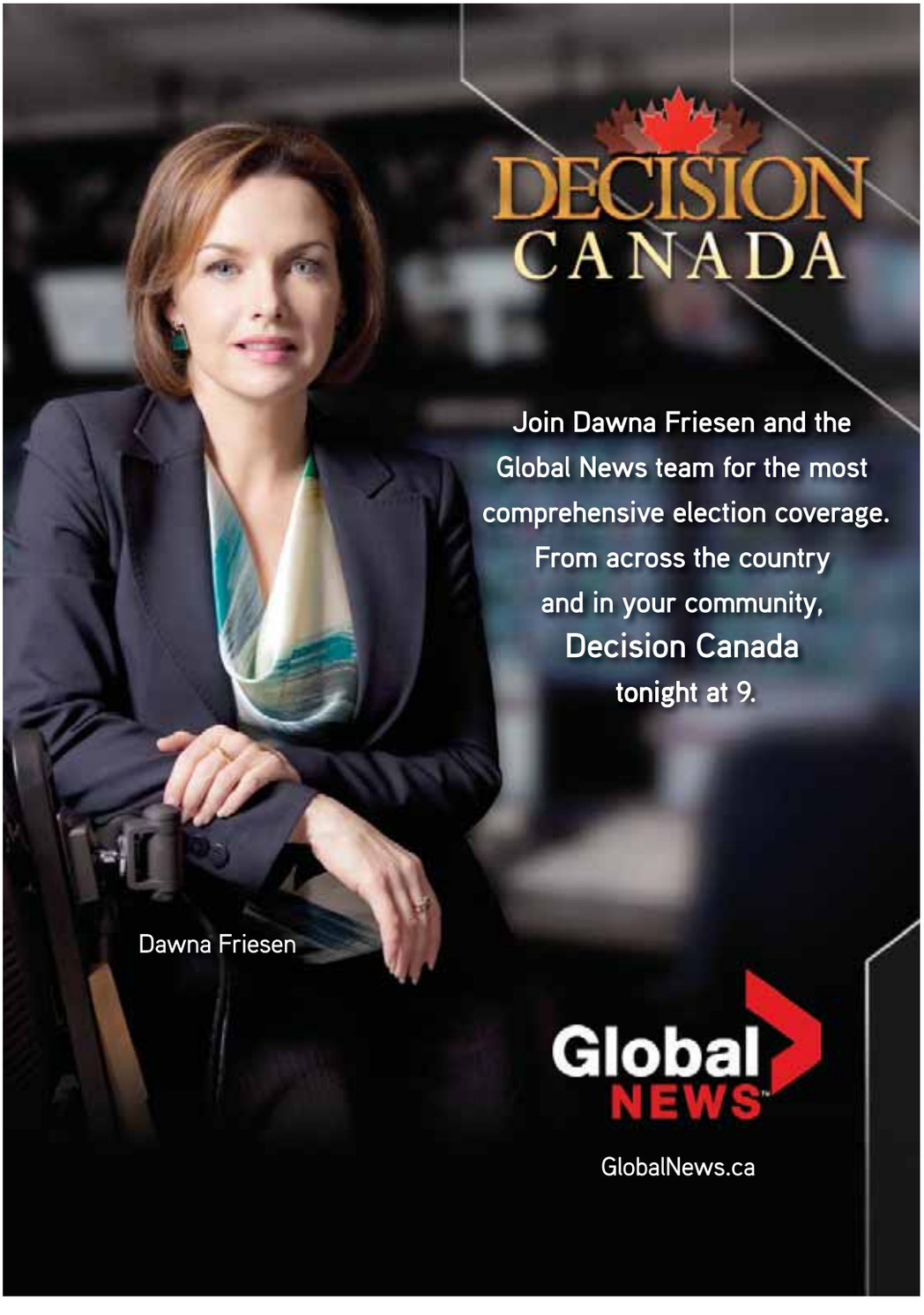
Election 2011

Michael Ignatieff:
"Vote Liberal for a moderate, centre-of-the-road government that respects the public service of Canada, respects what public servants do, won't raise your taxes, will get the deficit under control, will curb the waste and mismanagement of the Harper government, and do the one thing that we absolutely have to do, which is invest in the education of our young people, from early learning and childcare through the learning passport for people wanting to go to college and university. That's the short version — basically a government that focuses on the priorities of the Canadian family ... I just think (today), Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this."

Stephen Harper:
"We're the party with the plan for the economy. Canada is coming out of the global recession faster and stronger than others. I think it's due in large part to the economic policies we've put forward and I think they're working. We have a low tax plan that is creating jobs, that is creating growth and everybody's looking at Canada frankly as the envy of the world right now and that's the path we want to keep this country on. The alternative, at this point has become an NDP government with a very different path, which would be massive, unaffordable spending promises to be financed by tax hikes that would stall our recovery and kill jobs and set Canadian families back. So, we think the country is on the right track economically and needs to stay the course."

Jack Layton:
"Because Ottawa is broken and people in Ottawa get to see that up close and personal when they see the shenanigans in Parliament Hill, the contempt in Parliament, the bickering and attacks going back and forth. The divisive approach to politics that gets played out there and people want it fixed. They want the needs of their family at the forefront, issues like retirement security. You know that the Nortel workers know that more than anybody, but it's a concern felt by many seniors or people concerned about their ultimate retirement and there's many people in the Ottawa-Gatineau regions who don't have access to family doctor, this is a real crisis that needs to be addressed and there's still a lot of unemployment in the regions around Ottawa and a plan to actually help create jobs through tax cuts to small businesses and a tax credit that we've proposed for every new job."

METRO OTTAWA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Facing the tough questions

Metro asked the leaders to discuss the things that they've been reluctant to address in interviews and out on the trail Here's what happened

Election 2011

Jack Layton
Q: This past weekend, the Toronto Sun reported that in 1996 police found you in a known bawdy house but, because they had no evidence of an offence, laid no charges against you. Can you speak to the allegations and what impact this story will have on what had been shaping up as fantastic showing by your party?

A: "Well, I answered those questions in some detail yesterday, so I'm not going to through it again. You'll find all of that available, you and your reporters. But this is a kind of smear politics that a lot Canadians reject. No wonder it's hard to get people involved in politics if this completely unfounded innuendo is going to characterize what goes on in politics."

Stephen Harper
Q: You said all minority-government scenarios would lead to another election. If one of the other parties wins a minority, would you then work with other opposition parties to immediately defeat that government?

A: "Well, as you know, I'm in this election to win. We're confident in victory. The mandate we're looking for from the Canadian people is a majority mandate, so we don't get into all of those other scenarios. All of those other scenarios — (whereby) the NDP desire to form a minority coalition (and) get the backing of the Liberals and the Bloc Québécois — are unstable. That simply leads us to another election."

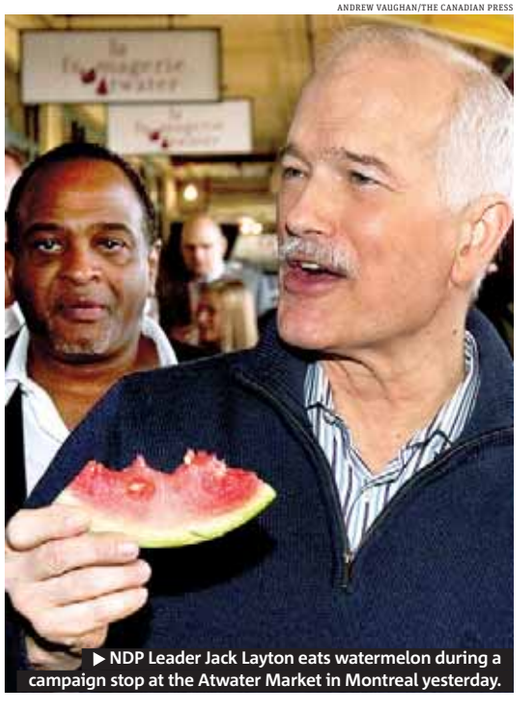
Michael Ignatieff
Q: You've said that the Liberals represent the only option to beat the Conservatives, to stop them from having a majority. But your party has gone down in the polls. With the level you're at, how do you expect voters to continue see the Liberals, not the NDP, as the alternative?

A: "Well, I just think on Monday Canadians have got to choose a government. They've got to choose someone who's actually been in government, actually done this. The NDP has never formed a federal government in the history of Canada.

We've got a choice between a Liberal platform that's costed and makes sense — with a Liberal team that has experience — versus basically more years of Harper, which is debt, deficit and mismanagement. I think these choices are becoming clear to Canadians. I don't think that people regard the NDP as a serious party of government."

METRO OTTAWA

ANDREW VAUGHAN/THE CANADIAN PRESS



NDP Leader Jack Layton eats watermelon during a campaign stop at the Atwater Market in Montreal yesterday.

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MAHMUD TURKIA/GETTY IMAGES

▶ Supporters of Libyan leader Moammar Gadhafi burn a U.S. flag as they protest outside a house that was hit overnight by a NATO air strike in the Gargur area of Tripoli on May 1. The Libyan regime said the raid killed Gadhafi's second-youngest son and three grandchildren.

Embassies in Libya destroyed

- Angry mobs ransack and vandalize buildings
- British embassy locations among those targeted

Angry mobs attacked Western embassies and UN offices in Tripoli yesterday after NATO bombed Moammar Gadhafi's family compound in an attack officials said killed the leader's second-youngest son and three grandchildren.

Russia accused the Western alliance of exceeding its UN mandate of protecting Libyan civilians.

The embassies were empty and nobody was reported injured, but the attacks heightened tensions between the Libyan regime and Western powers, prompting the United Nations to pull staff out of the capital.

The bombing did not slow the attacks of Gadhafi's forces on rebel strongholds in the western part of Libya that has remained largely under the control of the regime. The rebel port of Misrata, besieged by Gadhafi's troops, came under heavy shelling yesterday when at least 12 people were killed.

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NDP surge gives traders a jolt

Investors caught by surprise Coalition could make for volatile loonie, stock prices, analysts say

The prospect that the New Democratic Party might gain more seats in today's federal election could cause a flutter in the market as traders seek to buffer themselves from political uncertainty.

"This isn't something the market has been expecting," said John Kurgan, senior markets strategist at Lind-Waldock.

Prime Minister Stephen Harper has delivered a dire message about what might happen under the NDP led by Jack Layton, warning of higher spending, deficits, taxes, unemployment and other economic ills.

Markets appear to share at least some of his concerns, Kurgan said.

"The sudden surge by the NDP in the polls, that's caused a little bit of concern and it's likely that I will be busy Monday evening trading the Canadian dollar," he said.

Poll figures on Friday suggested that the NDP and Liberals together could win enough seats to form a coalition government.

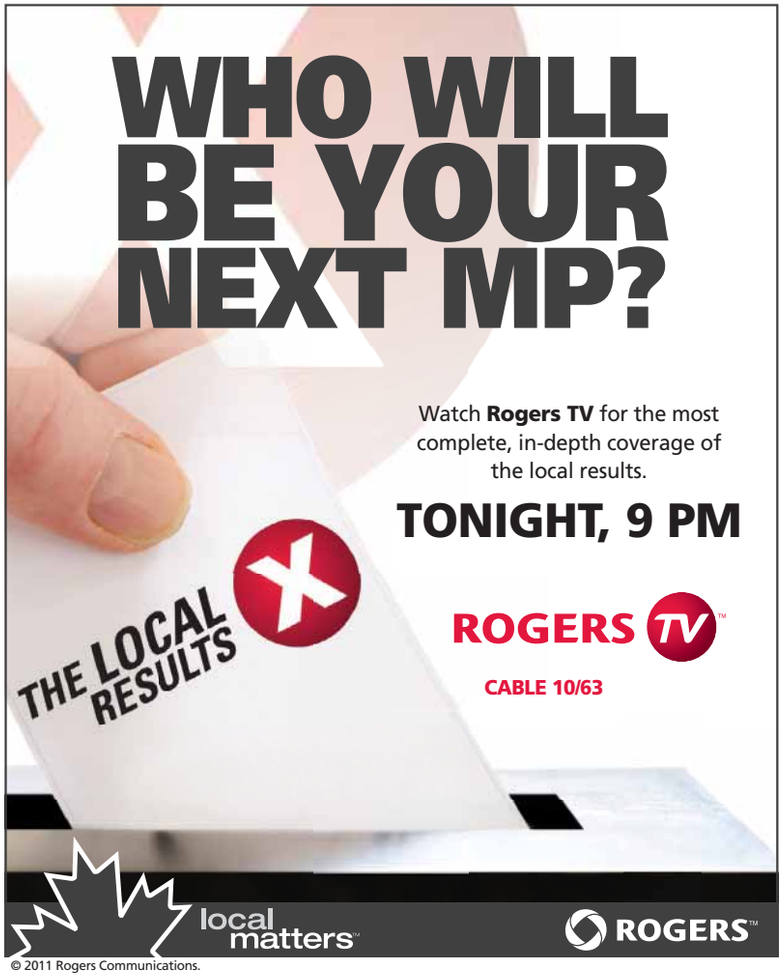
But Douglas Porter, deputy chief economist of the Bank of Montreal, believes a minority Conservative government is still the most likely scenario, an outcome that won't much matter to markets since Canadians have been dealing with minority governments for a decade.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
– 0.8 (13,893.6)	+ 0.50¢ (105.65¢ US)
Oil	**Natural gas 1,000 cu ft**
+ $104 US ($113.90 US)	$4.612 US (+ 4.1¢ US)
	Gold contracts
	$1,560.50 US (+ $29.30 US)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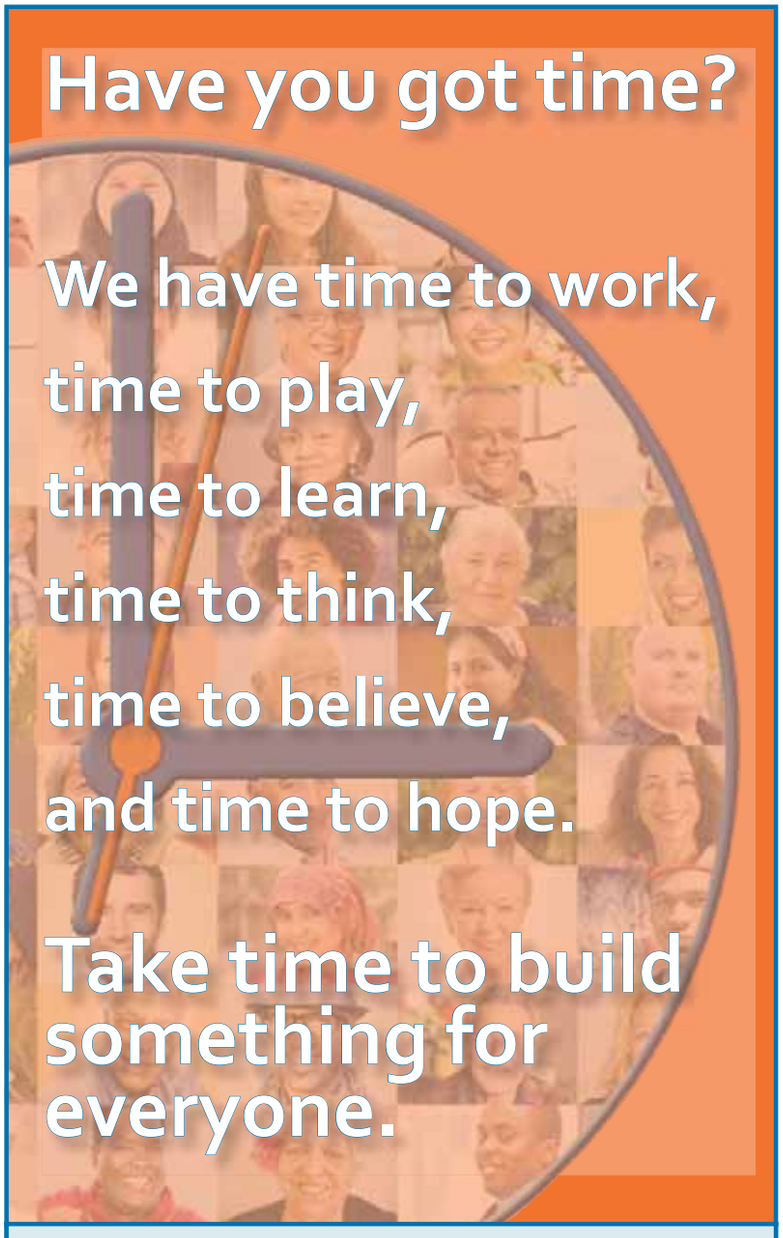
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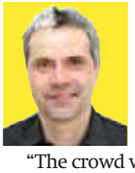


As he hovered over Jose Aldo on Saturday night, pelting him with lefts and rights in a last-ditch effort to claim the UFC featherweight title, Mark Hominick experienced a career first: The roar of the crowd.

"The only time I heard the crowd was in the last 30 seconds, and I was feeding off their energy," Hominick said about the 55,724 fans at Rogers Centre. "That's the first time in my whole career I've ever done that.

"The crowd was carrying me in that last 30 seconds. Each cheer was riding through my punches, and I was trying to finish him ... I was giving it everything I had."

Punished by the heavily favoured Aldo for four rounds (including a wince-inducing welt on his forehead), Hominick, 28, frenzied the crowd with his Round 5 barrage.

> **"The crowd was carrying me in that last 30 seconds. Each cheer was riding through my punches, and I was trying to finish him."**
> MARK HOMINICK

He referred to the bout as a "war."

"Five five-minute rounds, I don't think people understand how difficult it is, and how far you have to dig," said Hominick. "I was definitely going on the crowd. It was a pretty surreal experience."

But it looked like it might not happen, after a visit from the ring doctor at the end of Round 4.

"John McCarthy really saved the day, the referee," Hominick said, adding that a post-fight hospital visit showed no problems. "He knows me not just as a fighter, he knows me on a personal level ... and he knew it would have been devastating if he had have stopped the fight. He knew I was still capable and healthy to compete."

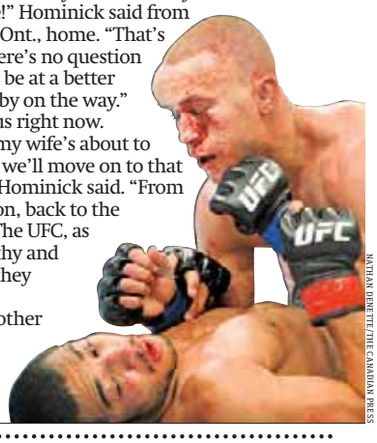
Aldo-Hominick was named fight of the night at UFC 129, earning each fighter a $129,000 bonus. Handy, considering Hominick and wife Ashley are expecting the birth of their first child, daughter Raeya, on Saturday.

"Unbelievable!" Hominick said from his Thamesford, Ont., home. "That's life-changing, there's no question there. It couldn't be at a better time with the baby on the way."

That's his focus right now.

"I'm excited, my wife's about to have a baby, and we'll move on to that part of our life," Hominick said. "From there, we move on, back to the drawing board. The UFC, as soon as I'm healthy and willing to fight, they want me back.

"They said another couple of wins, they'll give me another title shot."



NATHAN DENETTE/THE CANADIAN PRESS

Jim Reyno is the managing editor of Metro London.

Get your good news fix — the one that keeps giving

NEWS WORTH SHARING

Sometimes, the news is tough to take. But Canada is full of compassionate individuals, inspiring projects and stories worth celebrating — and that's what we're going to share here the first Monday of each month.

A study at the University of British Columbia shows that reading stories of kindness and heroism positively influences a person's desire to change the world.

Prof. Karl Aquino, lead author of the study, says, "Research shows that when people are presented with examples of exceptionally virtuous acts through stories or videos

IAN WILSON/FLICKR

it can lead them to think more positively about others and want to become better people themselves."

So before you are bombarded with political scandals and celebrity meltdowns, get a good news fix — who knows what you might be inspired to do.

Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we will share them right here.

CRAIG AND MARC KIELBURGER
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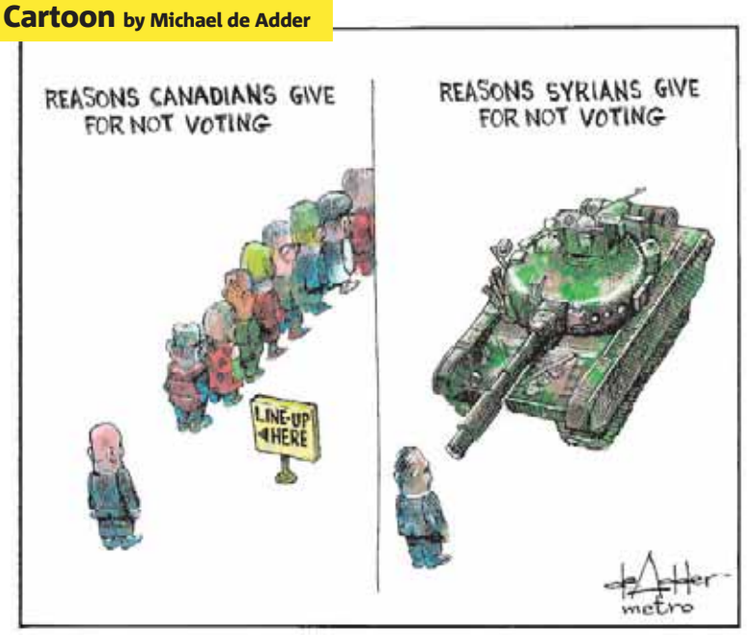
Tweets

- **@tim_ell:** When Conservatives asked me if they could count on my vote, I said sorry, I'm not taking questions."
- **@danspeerin:** 31 Newspapers have endorsed the #cpc, TWO endorsed the #NDP, #lpc — ZERO — Good thing #SunTV is protecting us from left wing bias.
- **@trevormelanson:** Is it right to blame a party's leader for that party's success or failure? The struggling Liberals are comprised of more than Ignatieff.
- **@emmatarsi:** I get to meet Michael Ignatieff today at St Philips lol I'm not voting for him and I'll bluntly tell him to his face if he asks
- **@TheReal_LYG:** Random Thought — NDP is getting my vote but the Conservatives still have a slight chance to steal my vote!
- **@iamamike:** Confused by papers endorsing Harper? Remember: polls show he's going to win, papers need access to the PM. Simple
- **@justinsb:** Big day on Tuesday — that's when we find out if the Libs are a party of the right (back Conservatives) or the left (back NDP)

Cartoon by Michael de Adder



WEIRD NEWS

Hello, this is an emergency calling

After months of enduring a leaking pipe that buckled its floors and sagged its ceilings, an empty house in Marblehead, Mass., somehow called police for help.

The Salem News reports the call to the emergency hotline went out to police from a house in Marblehead on Wednesday after water short-circuited the phone system, apparently sparking the emergency call.

Officers were sent to the address after the call was recorded as a hang up and a return call got static.

Inside, they found the wreckage, including potentially toxic mould, from a pipe that apparently burst during the winter.

Town officials say the interior may have to be gutted.

Police couldn't immediately locate owner James Cowen. His cousin, William Cowen, said he's not worried.

He says James was left financially secure by his father and often travels.

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5 great car movies

With Fast Five burning rubber in theatres, let's look back at some great car movies of the past What's more important, a good road trip or a chase scene?

Two-Lane Blacktop (1971)

A languid, existential journey rather than a heart-pounding adventure is what makes director Monte Hellman's film so fascinating.

James Taylor and Dennis Wilson play two nameless and meandering auto racers: a driver and a mechanic, respectively. They end up in a showdown in their '55 Chevy with a big talker in a '70 G.T.O. Along with the girl who randomly showed up and insinuated herself in their lives, they agree to race G.T.O. to Washington.

The pervasive feeling of detachment is meant to metaphor for a national sense of melancholy at the end of the 1960s. But you're welcome to just enjoy the cars.

American Graffiti (1973)

The cars here serve as a reflection of not just who the characters are, but who they dream of becoming.

They're not just a mode of transportation but a way of life. Inspired by director and co-writer George Lucas' own youth in Modesto, Calif., this coming-of-age comic-drama follows the all-night adventures of a group of high school seniors on the brink of adulthood.

Led by Ron Howard, Richard Dreyfuss and Harrison Ford, they cruise the main drag one last time in August 1962 — joking, flirting, getting into trouble. But regardless of the setting, this is a time we can all relate to: when having a car equals freedom.

Bullitt (1968)

Peter Yates' film features what is considered one of the definitive car chases in movie history — The French Connection has another — but just having Steve McQueen as its star makes it sufficiently badass. As a cop determined to find out who killed the mob witness he was protecting, McQueen zips up and down the hilly streets of San Francisco and skids around corners in his Mustang, trying to evade a couple of gangsters in a Charger. Sure, you could count the number of hubcaps that fly off a car and come up with a number that's greater than four. Still, the scene is shot and edited in such a clean, uncomplicated way, it's 10 minutes of pure tension.

Christine (1983)

It's a car! It's a killing machine! It's ... both! Director John Carpenter adapted the Stephen King novel — one horror master playing off another — and this tale about a bright red 1958 Plymouth Fury that does much more than get you from point A to point B remains darkly funny and deeply chilling.

Keith Gordon stars as the nerdy teenager who finds the car with plans to fix it up, but he ends up becoming the one who undergoes major changes. The car gives him confidence and makes him popular — but then she gets jealous when she realizes she can't have him all to herself. Good, silly, twisted fun.

The Fast and the Furious (2001)

And here we are, back at the beginning, with the first movie in the series. Of course it's ridiculous, but audaciously so, and that's the film's charm. By bringing underground street racing to the masses, it knows exactly what it is and revels in it.

Led by Vin Diesel, Jordana Brewster and Paul Walker, everyone's beautiful and they say incredibly idiotic things like, "I live my life a quarter-mile at a time." The main draw, though, is the racing itself, full of souped-up cars in splashy colours. The competitions are shot and edited seamlessly. They are, hence the title, fast and furious.

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2 scene

Scene in brief

Fast Five has left the competition in the dust with an $83.6 million US debut to grab the No. 1 spot at the weekend box office. Studio estimates released yesterday show Universal Pictures' fifth movie in The Fast and the Furious franchise was by far this year's biggest opening.

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Jay Mohr relishes Law & Order: Criminal Intent role, murder interrogation scene included

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980 Albion Rd.
2610 Weston Rd.
5050 Dufferin St.
2899 Steeles Ave. W
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Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
2458 Dundas St. W
2585 Skymark Ave.
3024 Hurontario St.
6200 Dixie Rd.
34 Bristol Rd. E
4920 Tomken Rd.

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Oakville Place
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760 Pacific Rd.

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Thornhill
Promenade Mall
7040 Yonge St. (Galleria)
7378 Yonge St.

Vaughan
Vaughan Mills
81 Zenway Blvd.
160 Cidermill Ave.
10019 Keele St.
4000 Hwy. 7

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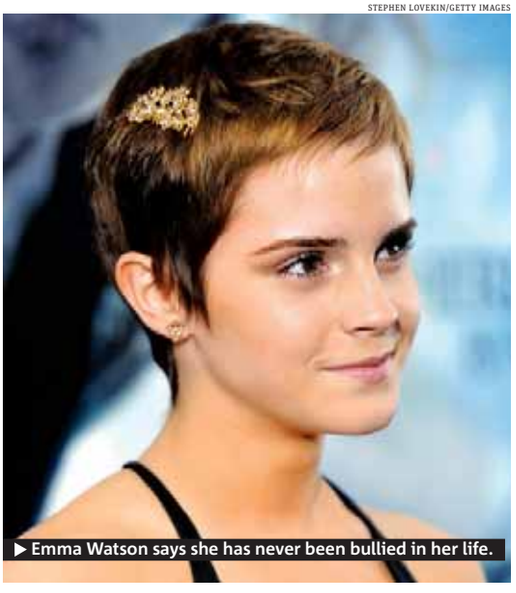
Watson denies claims that she was bullied

Harry Potter actress says she is not leaving Brown because of mistreatment by other students Is thinking about doing a semester abroad

STEPHEN LOVEKIN/GETTY IMAGES



▶ Emma Watson says she has never been bullied in her life.

Emma Watson, the British actress who plays Hermione Granger in the Harry Potter series, on Friday denied reports that she was bullied out of Brown University — an assertion backed up by fellow students who said that, if anything, she was shielded from being singled out.

"The reason I took a semester off from Brown had nothing to do with bullying," Watson wrote on her website. "I have never been bullied in my life and certainly never at Brown."

Watson said she is not sure what her plans are for the fall semester, the beginning of her third year. Like many of her "fellow Brown students," she wrote, she is considering studying abroad.

Brown has not commented on media reports this month citing an anonymous Brown "insider" who claimed Watson was bullied out of school.

A New York Daily News article posted online April 21 claimed that when Watson responded correctly to questions in class, her classmates would shout, "Three points for Gryffindor!" — a reference to the Harry Potter films, in which students' dormitory houses are awarded points for questions they answer correctly. Watson's character lives in Gryffindor.

"This '10 points to Gryffindor' incident never even happened," wrote Watson, who has denied that rumour before. "Accusing Brown students of something as serious as bullying and this causing me to leave seems beyond unfair."

The rumour that a student had once exclaimed "10 points for Gryffindor" after Watson answered a question correctly became widespread on campus in spring 2010, the semester during which it was alleged to have happened, according to several current and recent Brown students interviewed by The Associated Press.

But, they said, it was viewed as part of Brown folklore, and students were, if anything, protective of Watson.

"We try to take care of our own at Brown, and I think we try to make sure she feels like anybody else," said Megan Estes, a Brown junior who said she doesn't know Watson but worked on the production of a campus theatre production in which the Harry Potter star acted.

Apart from the Gryffindor comment, there was little sense on campus that Brown students heckled or antagonized Watson, said Estes and other students.

THE ASSOCIATED PRESS

MATT SAYLES/THE ASSOCIATED PRESS, FILE

▶ Nick Cannon and Mariah Carey became parents to a baby girl and boy over the weekend.

Carey gives birth to two children

Mariah Carey and Nick Cannon celebrated their third anniversary with another milestone — becoming parents to a baby girl and boy.

Carey's representative, Cindi Berger, confirmed the births to The Associated Press. The singing superstar gave birth Saturday at 12:07 p.m. EDT at an undisclosed hospital in Los Angeles. Berger says the baby girl was born first, weighing five pounds, three ounces, and was 18 inches long; her brother was next, at five pounds six ounces, and was 19 inches.

Berger says the couple has not named the children yet. Cannon drove Carey to the hospital in their Rolls-Royce Phantom. Berger said the 41-year-old Carey, who had gone through false labour, was calm, thinking that it was another false alarm.

Meanwhile, the 30-year-old Cannon was so nervous he went to the wrong department at the hospital, and was guided to the maternity ward by a nurse.

"It was like right out of an I Love Lucy skit," said Berger.

Berger says they were listening to Carey's We Belong Together after the children were born.

The couple are expected to renew their wedding vows on Sunday. The pair got married in 2007 after a whirlwind romance. They were the subject of endless baby rumours, and the couple actually were expecting shortly after their marriage, but Carey had a miscarriage; they did not reveal the miscarriage until she announced her pregnancy last fall.

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Lindsay wants resolution?

Lohan wants to end necklace theft case with 'no contest' plea: Source

Lindsay Lohan wants to enter a no contest plea to end a criminal case filed over a $2,500 necklace reported stolen, a source close to the actress said Saturday.

The source, who is familiar with Lohan's criminal case but was not authorized to comment publicly, said the actress wants to put the case behind her so she can focus on her career.

No court date has been set for Lohan to enter the plea. She is scheduled to return to a Los Angeles court for a pretrial hearing May 11, but the actress is hoping to resolve the case before then, the source said.

By pleading no contest, Lohan would not be admitting guilt, and it was not immediately clear if she would face any additional penalties. The actress already has been sentenced to four months in jail for a probation violation related to the theft case. She is free on bail.

Mob ties

- Lindsay Lohan recently accepted a two-picture deal to appear in a pair of mob films, including a biopic of the infamous Gotti family.
- She will portray the wife of John Gotti Jr. in the film Gotti: Three Generations that also stars John Travolta and Joe Pesci.

Prosecutors in February charged Lohan with felony grand theft on allegations that she took the necklace from Kamofie & Co., a jewelry store near the actress's home in Los Angeles' Venice neighbourhood.

The charge was reduced last week by Los Angeles Superior Court Judge Stephanie Sautner.

Authorities allege the theft occurred roughly three weeks after Lohan, 24, was released from court-ordered rehab at the Betty Ford Center.

Lohan's assistant turned the necklace in to authorities after police obtained a search warrant to retrieve it from Lohan's house, but before detectives were able to conduct the search.

Sautner said during an April 22 hearing that she thought Lohan's actions were brazen, but that she did not think the case warranted a felony prosecution because many other cases involving more serious allegations are reduced to misdemeanours.

THE ASSOCIATED PRESS

EVAN AGOSTINI/THE ASSOCIATED PRESS

▶ Lindsay Lohan

Big plans for final days of Oprah's show

Oprah Winfrey fans on Thursday learned some details about what the talk show queen has planned for the two episodes leading up to her finale: a star-studded, double taping at one of Chicago's largest sports and concert venues.

Harpo Productions announced the episodes to air May 23 and 24 would tape May 17 at the United Center, just blocks from Winfrey's long-time studios. The show is dubbed Surprise Oprah! A Farewell Spectacular.

But the content of the final episode of The Oprah Winfrey Show, to air May 25, is still under wraps.

Winfrey announced in November 2009 that she would end her popular talk show after 25 years.

20k

The United Center is home to the Chicago Bulls and Chicago Blackhawks with a seating capacity of more than 20,000.

Winfrey's producers said making a rare exception, and we intend to make the most of that opportunity. It will be something to see!"

the guest lineup for the episodes would be a secret, but they promise "the biggest names in movies, music and television."

"As most of our viewers know, being surprised is not one of Oprah's favourite things," said Sheri Salata, the show's executive producer.

"In the spirit of our farewell season, she is

Winfrey has other big shows planned, too.

She taped an interview with President Barack Obama and first lady Michelle Obama on Wednesday in Chicago. That show is to air today.

THE ASSOCIATED PRESS

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▶ Oprah Winfrey interviews Nike CEO Phil Knight during a taping for an episode of her show.

Brat Pack to sex tape, Lowe's book has it all

DOROTHY ROBINSON
SCENE@METRONEWS.CA

You can't tell by looking at his nearly flawless mug, but Rob Lowe has crammed a lot of living in his 47 years.

In his surprisingly candid, smart new memoir, Stories I Only Tell My Friends, Lowe recounts what it took to be in the public eye for more than 30 years.

From the Brat Pack, to the sex tape, rehab, the epic film flops, and newfound fame with The West Wing and Parks and Recreation, Lowe proves that he's more than a pretty face — he's a survivor (and a pretty deft writer.)

Isn't 47 too young to be writing a memoir?

I looked at (this process of writing) as a reader. I'm an avid reader of autobiographies. I love them. And I especially love them when they're still in the middle of the action because it feels vital and relevant. But the real reason I'm writing it now is because my children are both around the same age I was when I became famous. When I see them, I see myself and it brings up a lot.

Your teenage years in California sounds almost made up — especially how you just fell into running around with Charlie Sheen, Emilio Estevez, Chris and Sean Penn before any of you were famous.

HANDOUT

▶ Rob Lowe

The mid-'70s and mid-'80s was an extraordinary time in Malibu — I almost have survivor's guilt about it. When I run into Sean Penn now, after we do our pleasantries, it invariably turns to, "Dude, did you remember that guy? Am I crazy or did this happen?" We sort of share notes. You can't believe what went on.

If you were incredibly ugly instead of incredibly handsome, do you think you'd still be an actor?

(Laughs). Absolutely. The only reason I wanted to be an actor was that I responded to the process of acting. It's that whole clichéd thing of the relationship between the actor and the audience. It doesn't have anything to do with how I look. When I started acting, I didn't even know how I looked.

‘To snort or not to snort,’ not even a question: Tyler

Aerosmith singer’s memoir a wild ride of drugs, arrests and hit songs

Steven Tyler’s memoir has a million of ‘em.

Like that night in 1978 when he blacked out on stage while singing Reefer-Headed Woman. Or when he and Aerosmith visited the White House on the day President Bill Clinton was impeached. Or that weird weekend with Keith Richards at Bing Crosby’s old house on Long Island. Everyone, Tyler writes, “was gacked to the nines on coke.”

The Associated Press purchased a copy on Thursday of Does the Noise in My Head Bother You?, scheduled for release this week. Explicit and filled with expletives, it reads like an even wilder and louder version of Richards’ bestselling Life. Tyler, 63, settles back and tells story after story about life in the “most decadent, lecherous, sexiest, nastiest band in the land.”

Or as Tyler states it: “To snort or not to snort. That wasn’t even a question.”

The road was so crazy that Tyler can’t remember how many times he was arrested. He recalls visiting

CHRIS CARLSON/THE ASSOCIATED PRESS

▶ Steven Tyler, left, is pictured with Aerosmith bandmate Joe Perry.

Paul and Linda McCartney backstage with Bebe Buell, the mother of Tyler’s daughter, Liv. Buell and Linda McCartney do not hit it off. Buell calls her “Sluggo.” McCartney answers “Sluggett.” They wrestle to the floor. But the men are cool. “I like your music, man,” Paul says.

In the book, Tyler describes working on such classics as Dream On, written at a Hilton Hotel near the airport in Boston and a touchstone for his own life, with its warning that “Maybe tomorrow the good Lord will take you away.”

Another favourite, Sweet Emotion, was inspired by his “anger and jealousy” over guitarist Joe Perry’s moving out to live with his girlfriend.

Walk This Way was partially inspired by Mel Brooks’ horror spoof Young Frankenstein and the famous line uttered by Marty Feldman. The band cracked up and a song was born.

THE ASSOCIATED PRESS

Bromance

- Though Steven Tyler is a born bragger, he’s willing to kick himself, too. He is open about his battles with Joe Perry, a bond “fraught to say the least.”
- They are “soulmates” who might not speak for months, brothers caught up in “moments of ecstasy and periods of pure rage.” But that’s OK with Tyler, who reasons that all rock stars are egomaniacs and that you wouldn’t want to be stuck with “clones of yourself.”

HANDOUT/THE CANADIAN PRESS

▶ Elizabeth Hay

Hay reaches into past for new novel

One of the seeds of Elizabeth Hay’s latest novel, Alone in the Classroom, was sown more than 20 years ago, when the author was chatting with her mother during a quiet moment over the Christmas holidays.

Hay and her family lived in New York City at the time and were visiting her parents in London, Ont.

The writer’s curiosity was piqued when her mother began to speak about a peculiar principal whom she’d known long ago.

“(It was) just the two of us,” Hay recalled during a recent interview. “This phrase that her principal used to say: ‘Sometimes I sits and thinks and sometimes I just sits’ is what came into her mind. And then I began to ask questions ... and she just kept talking. It was one of those enchanted moments where you have your mother all to yourself, she’s absolutely relaxed and she falls into a full reminiscence of certain aspects of her past.”

Always intrigued by family history, Hay jotted details of the off-kilter educator in one of the notebooks she uses to work out her ideas.

Now, some two decades later, the passing recollection about the principal has bloomed into one of the central characters in Hay’s sweeping new novel, Alone in the Classroom.

The book sees Hay, 59, flexing new literary muscles, spinning a tale that moves deftly from past to present and spans from Ottawa, to small-town Saskatchewan, to Vancouver.

THE CANADIAN PRESS

Back again

- Alone in the Classroom is the Ottawa-based author’s first book since she won the 2007 Scotiabank Giller Prize for Late Nights on Air.

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Lorre's life without Sheen

Two and a Half Men creator Chuck Lorre discussed plans to reboot his hit sitcom without former star Charlie Sheen, and Sheen is less than thrilled by the news.

The actor expressed his disappointment in a letter to Lorre, submitted to TMZ.

"No one cares about your feeble show without me. Shame on you. Not even a phone call to the man that put you on the map. The man that put $500 million in your pockets," Sheen writes.

"You've been warned. Reap the whirl-wind, you cockroach, reap it."

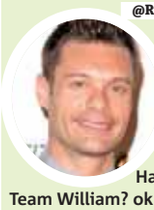
"No one cares about your feeble show without me. Shame on you."
CHARLIE SHEEN

METRO

Celebrity tweets

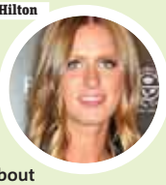
"congrats to William and Kate ...and Kate's sister."
@justinbieber

@RyanSeacrest



"ok important question - are you Team Harry or Team William? ok even more important question - Team Kate or Team Pippa?!?"

@NickyHilton



"Why is everyone in such a tizzy about Princess Beatrice's hat at the Royal Wedding? I thought it was cute."

Willis' kid busted for booze

Tallulah Willis, the 17-year-old daughter of Bruce Willis and Demi Moore, was nabbed by police over the weekend for alcohol possession, according to TMZ.

Tallulah was among a group of three girls spotted by police exiting a car carrying bottles of booze, source say. The young women were cited at the scene for underage possession. Tallulah reportedly called her dad, though her mom was the one who showed up to retrieve her from the police station.

METRO

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One more thing – there are **NO** upfront fees to file a consumer proposal – if someone wants you to pay a fee **BEFORE** they file your paperwork then you aren't dealing with the right people!

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METRO WORLD NEWS

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A new study shows

1/3

...of parents polled feel their children don't get enough exercise at elementary school, according to the University of Michigan C.S. Mott Children's Hospital National Poll on Children's Health. MWN

Flea control for pets is easy with the right products; several new options on the market.

330361

▶ Laura Miller

Stay fit, like mom

Laura Miller, director & founder of Follow Me!, a program devoted to teaching families about healthy lifestyles, shares how she keeps fit Who wouldn't want to look like her?

SAM D'AMATO
LIFE@METRONEWS.CA

METRO WORLD NEWS

What are your go-to healthy dinners, keeping in mind time and cost but also maximum nutrition?
One of our time-saving tricks is using Sundays to bake or grill an entire week's worth of chicken or lean meats. Then throughout the week we will use them for wraps, salads, pastas, rice dishes, etc. By having a healthy lean meat already cooked and ready to go, it saves time and makes preparing quick and balanced healthy meals easier.

What's your go-to snack for yourself?
Right now its Greek yogurt with fresh fruit like strawberries, peaches, pineapple, blueberries or mangos. It's a great source of healthy protein, fat and calcium. I also enjoy fresh guacamole, which is rich in omega-3 and fibre and great on turkey wraps.

That all sounds great but if there's leftover crackers from my kid, or she didn't finish her hamburger, I will polish it off. Help?
It's important to be conscious of what and how much we are eating. Picking on foods can quickly add up calories that are unsatisfying. Snacking on your child's leftovers can easily add up to an additional 300+ calories that you never needed in the first place. That's an extra 45 minutes of cardio.

A new study came out last week, saying that parents exercise less than those without kids. Duh! I simply have no time for the gym. What do you suggest?
Incorporating exercise into any busy lifestyle works best when you create a schedule that works within your current daily routine. At-home work outs that incorporate your stairs, medicine balls, kettlebells or resistance bands work great. Finding a program that provides instruction through videos and puts you on a schedule is guaranteed to set you up for the most success. Being a parent is tough and finding time for yourself is even tougher. However, the most important thing is that you keep yourself mentally and physically healthy so you can be the best parent you can be.

You are an extremely fit, good-looking woman. Do you even have kids?
Yes, I actually have a 14-year-old son and I have been a single parent for more than 10 years. It's very important to set a positive example in the home when it comes to diet and nutrition because children are sponges and soak up everything around them. Regardless whether we like to admit it or not, our children grow up to be miniature versions of ourselves and mimic our habits.

Laura's Go-to Guac

Ingredients:
- 4 large ripe avocados (peeled and pitted)
- 2 Roma Tomatoes (finely chopped)
- 3/4 of a red onion (finely chopped)
- 2 T. of chopped garlic (I use the jar of organic garlic thats already chopped)
- 1 jalapeño (finely chopped)
- 3 T. of cilantro (finely chopped)
- 1 large lime (squeeze juice into bowl)
- Pepper to taste

Preparation:
1. Combine all ingredients in a large Tupperware dish
2. Mash together with potato masher.
3. Stir well with spoon to combine ingredients well and serve.

Satisfy your inner cookie monster

This is not your traditional oatmeal cookie. The Oh My Goodness Cookie cuts the butter with nutritious avocado and adds diced pear for moisture and flavour, making it a wholesome treat.

Preparation:

1. In bowl, using electric mixer, beat avocado with butter and sugars until fluffy; beat in egg. In another bowl, stir oats with flour, cinnamon, nutmeg, salt, baking soda and baking powder; add to avocado mix; stir until combined. Stir in pear and raisins.
2. Arrange oven racks in the upper and lower thirds of the oven. Drop heaping spoonfuls of the dough onto parchment paper–lined baking sheets. Bake in a 375°F (190°C) oven in batches, rotating pans once, for 20 minutes or until lightly browned. Transfer cookies to a rack to cool.

NEWS CANADA

Ingredients:

- 1/2 cup (125 mL) mashed, ripe avocado
- 1/2 cup (125 mL) unsalted butter
- 1/2 cup (125 mL) each brown and granulated sugar
- 1 egg
- 2 cups (500 mL) oats
- 1 cup (250 mL) all-purpose flour
- 2 tsp (10 mL) ground cinnamon
- 1/2 tsp (2 mL) each ground nutmeg and salt
- 1/2 tsp (2 mL) each baking soda and powder
- 1/2 cup (125 mL) peeled and very finely diced pear
- 1/2 cup (125 mL) raisins

NEWS CANADA

▶ This recipe makes about 30 cookies.

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Oscar the green grouch

Sesame Street's beloved binman always sets a noble example by reusing junk, even past its 'Best Before' date

HEIDI PATALANO
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

METRO WORLD NEWS

▶ The king of recycling.

You're literally very green.
Yes. It's not easy being green.

How have you made your home, the garbage can, more environmentally friendly?
I like to call it the trash can rather than the garbage. Trash is much more important to my thinking. Garbage is something you didn't finish eating whereas trash is wonderful things like wheels from a baby buggy or an old hubcap.

What makes recycling fun?
Well, for one thing I have this great love for trash, so it's kinda fun to see what's been thrown in the bin. And I sort through it. I roll in it. I toss it up and dance in it. Like, some of the lighter stuff, it floats down all over my head, so I finally have trash allllll over the booooody.

So what kinds of things to do you reuse?
I like things that are, like half of a sled with no runners – that's good trash. I reuse a lot of stuff. Of course, you have to get new food. Food is part of the problem with trash, but it's not my greatest interest.

Are you and Slimey the Worm still into composting?
Yes, we are. Lots of stuff isn't great to eat anymore but it's made out of vegetation, so we throw it in with some leaves that have to be swept up anyway. We put it in a thing that's good for composting.

I was reading something interesting the other day: Many of the earthworms we have now were ones that should not have been imported from Europe and they're quite harmful. They eat the roots of some of your vegetables.

How do you explain the importance of recycling?
It's good for kids to realize that they're all part of the community. The world is a great big community. I think a lot of kids seem to be very interested and aware that they're part of making the world a better place.

What's your least favorite non-recyclable product?
Batteries. They have to be disposed of very carefully.

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ERASING CONFUSION AROUND MR. CLEAN

I've read that Mr. Clean Magic Eraser has harmful ingredients like formaldehyde. I don't use it often but from time to time it really does work well. Is it safe? ***Andrea of Edmonton, AB***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

I've read the same thing about Mr. Clean Magic Eraser in CancerSmart 3.0: the consumer guide, produced by the Labour Environmental Alliance Society. It says this product contains small amounts of formaldehyde. And formaldehyde is a known human carcinogen. But that information may not be accurate.

I wrote to P&G, the company that makes Magic Eraser, and a member of the Mr. Clean Team got back to me within 24 hours.

She outlined some Mr. Clean Magic Eraser facts:

Formaldehyde is not and has never been an ingredient.

Ingredients have been safely and commonly used for many years.

Has not been and is not being banned from any stores.

The response goes on to explain that "this product has been mistakenly associated as containing formaldehyde because one of its ingredients contained the word 'formaldehyde' in its chemical name (formaldehyde-melamine-sodium bisulfate copolymer). However, this ingredient is not formaldehyde.

"Think of this name like sodium chloride, which is table salt. Sodium by itself can be dangerous, but sodium chloride (table salt) is safe."

It's impossible to know what's in home-cleaning products because there is no law requiring consumer products — other than food and cosmetics — to include ingredient lists.

And given the above information from P&G, understanding the chemical ingredients is another thing. The confusion about formaldehyde as an ingredient could have been avoided if manufacturers labelled the ingredients on their product, or provided a full ingredient list (with an explanation) on their website.

In the meantime, you might choose products that have ingredients listed, if you value transparency.

Or, make your own green home cleaners with food-grade ingredients.

David Suzuki Foundation

NO STIGMA, NO SHAME

EDUCATION IS KEY TO HELPING OTHERS UNDERSTAND WHAT IT'S LIKE TO LIVE WITH A MENTAL DISORDER

The Canadian Mental Health Association is celebrating the 60th anniversary of Mental Health Week from May 1 to 7. Part of the CMHA's goal is to raise awareness that one in five people in Canada—that's more than six and a half million Canadians—experience a mental health issue during their lifetime, and that there's no shame in admitting it.

In fact, when you share your story with someone else, they're more likely to open up as well. Perhaps their mother is being treated for clinical depression or their uncle is living with schizophrenia, and they haven't had anyone to discuss this with.

Mental health issues touch every class, religion and race—they don't discriminate, and neither should we. "People may judge someone with a mental health issue and treat them negatively," says Peter Coleridge, National CEO, CMHA. "In fact, most people living with a mental health issue say that people's negative attitude and behaviors are worse than the symptoms they feel."

This type of discrimination affects all areas of the person's life. It can prevent them from getting hired, promoted or keeping a job; finding or keeping a place to live; getting proper health care; or getting insurance. They may even be blamed for their conditions or viewed as weak.

So how can Canadians help dispel the stigma of mental health issues? "One of the best ways is to tell someone who doesn't know about your mental health disorder or help others tell their stories," says Coleridge. Here are four other steps that will help make a difference:

THINK ABOUT THE WORDS YOU USE Say, "A person living with schizophrenia" and not "a schizophrenic"

CONSIDER HOW TO SUPPORT Help the people you know who are living with a mental health issue, just as you would if they had a physical health problem.

SPEAK UP when you see discrimination or a law or policy that unfairly excludes those with mental health issues.

VOLUNTEER for a mental health organization.

ABOUT THE CMHA

The Canadian Mental Health Association (CMHA) is one of the oldest continuing voluntary health organizations in Canada. It began as the Canadian National Committee for Mental Hygiene (CNCMH) in 1918, and its first official meeting was held in Ottawa in April of that year.

In the fall of 1918, the Committee set up an office in Toronto. In its infancy, the CNCMH was involved in the plight of soldiers, the psychiatric screening of immigrants and examining mental retardation and other psychiatric disorders among schoolchildren.

Today the Canadian Mental Health Association, as it's now known, is continuing its successful history of forming effective partnerships with individuals and private and public organizations. With its partners, the CMHA educates, communicates, influences policy, and provides tools and support in workplaces, schools and homes.

CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

Is it just **stress** or is it **something else**?

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From the Great-West Life Centre for Mental Health in the Workplace.

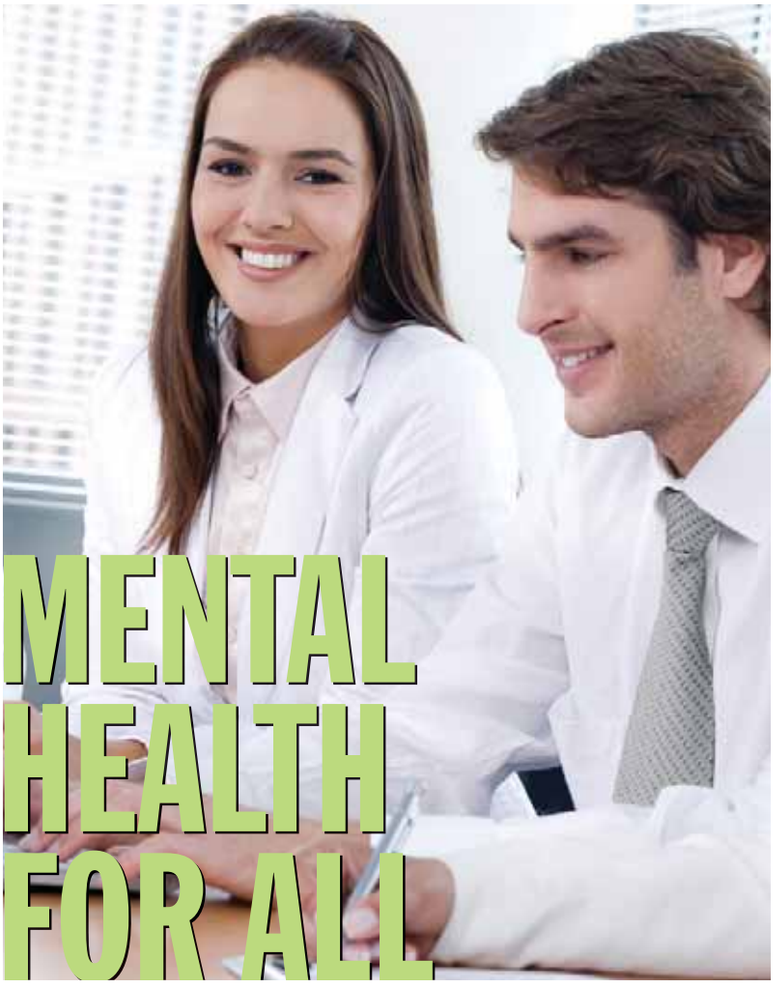
Great-West Life
Centre for Mental Health in the Workplace

The Great-West Life Centre for Mental Health in the Workplace is funded by The Great-West Life Assurance Company.

Having more bad days than good days?

Depression is a common and treatable disease that may affect up to 11% of Canadians at some point in their lives. Along with emotional symptoms, depression can have many unpleasant physical symptoms. But there is hope. There are treatments that work on both the emotional and unpleasant physical symptoms of depression, which may allow you to feel like yourself again so you can re-connect with the things in life which are most important to you. Depression hurts, but you don't have to.

For more information talk to your doctor or visit **DepressionHurts.ca**



MENTAL HEALTH FOR ALL

THE 60TH ANNUAL MENTAL HEALTH WEEK'S THEME REMINDS CANADIANS ABOUT THE IMPORTANCE OF REDUCING STRESS AND ANXIETY

In this high-tech age, many people no longer work a traditional 9-to-5 workday from Monday to Friday. Instead, they end up checking their work email from home in the evening, on the weekend and on holiday to try to keep up with ever-increasing workloads.

According to Human Resources and Social Development Canada, one in four Canadians work 50 hours a week or more, compared to one in 10 a decade ago. In fact, many employees are now expected to be available 24/7, making it even harder to achieve a work-life balance. "But as tough as it can be to restore that balance, it should be everyone's goal," says Peter Coleridge, National CEO, CMHA. "That means figuring out what will improve your work-life balance, then committing to making those changes."

What's the consequence if you don't? The Conference Board of Canada found that workers who reported a high degree of stress balancing their work and family life missed 7.2 days of work each year, compared to the 3.6 days missed by those who reported very little stress.

Never mind that when employees take stress leaves, it negatively impacts companies' bottom lines. A 2003 report in The Insurance Journal says mental illness accounts for 30% of disability claims, costing businesses $15 to $33 billion annually in Canada. Research by CAMH published in the Journal of Environmental Medicine in 2010 says lost productivity and absenteeism brings the figure up to $51 billion.

So why are so many of us burning the candle at both ends? Partly because we need the money; one survey found that 37 per cent of Canadians who didn't take time off when they experienced health problems related to stress, anxiety or depression felt they couldn't because they needed the income. Plus, they were concerned about the stigma and negative attitudes related to mental health issues.

"The best thing managers and employers can do for their own health, and that of their staff, is to lead by example and model a healthy work-life balance," says Coleridge. That means not eating lunch at your desk, limiting overtime hours and electronic communication during non-work hours and taking vacation time. The benefits to professional and personal bottom lines? Priceless.

THINGS THAT GO BUMP IN THE NIGHT

Almost all young children can be scared by a loud clap of thunder or be afraid to sleep alone in the dark. "With patience and understanding, parents can usually help their kids overcome these and other common childhood fears," says Peter Coleridge, CEO, National CMHA.

Often, what scares kids stems from experiences they can't understand that feel threatening to them. Examples include snakes, mice and spiders—especially if the child has seen an adult react in terror when encountering those creatures.

Witnessing a traumatic event at a young age, such as cat being run over by a car, can leave lasting frightening memories. Fears can also develop from low self-esteem, which can lead to bullying by peers, further deepening the original insecurity.

"Regardless of what kids are afraid of, they need the comfort and reassurance of their parents or guardians more than anything else," says Coleridge. These five steps can help:

GIVE LOVING SUPPORT AND SET RELIABLE LIMITS Children need to know they're loved and that their parents will set definite limits on what they're allowed to do. This will provide the sense of security kids need to try new experiences fearlessly.

FIND PRACTICAL SOLUTIONS If your son is afraid of the dark at bedtime, plug in a night-light in the bedroom and hall and give him a cuddly toy to hug.

PRACTICE SKILLS If your daughter is afraid of catching a ball or playing soccer, spend time playing those games with her until she feels more confident about her ability.

REASSURE, THEN REASSURE AGAIN This is particularly important if your child is worrying about dying. Repeat that it's unusual for healthy kids to die—and offer lots of hugs.

PRAISE ACCOMPLISHMENTS Praising even small successes will encourage your child to try again. On the other hand, being critical will make him or her afraid to try new things.

WHERE TO FIND HELP

Most of us go through life solving our everyday problems without needing professional help to cope. But if overwhelming feelings of anger or despair are affecting your quality of life, help is at hand.

A good place to start is your family doctor, who can refer you to a psychiatrist, psychologist, another therapist such as a social worker or a self-help group, depending on your situation and needs.

For more information about the mental health resources in your area, contact the Canadian Mental Health Association at (613) 745-7750 or visit www.cmha.ca.

DEPRESSED?

You may be eligible to participate in a medication study on depression if you are: 18–65 years old and currently depressed

For information, visit: AntidepressantTrial.com

Or call our office at the Toronto General Hospital

416.340.4800 EXT 8839

No compensation provided

GET HELP, WHILE HELPING OTHERS...

Scientists at the Centre for Addiction and Mental Health, in affiliation with the University of Toronto, are conducting a study of treatments for depression. Participants will be offered 16 weeks of therapy or medication.

SYMPTOMS OF DEPRESSION INCLUDE:

- Feelings of sadness
- Problems concentrating
- Difficulty sleeping
- Low motivation
- Loss of energy
- Loss of interest or pleasure
- Weight gain or loss
- Excessive feelings of guilt

If these symptoms sound familiar and you are aged 18-65, do not have an alcohol or substance use problem, and you are willing to receive psychotherapy or medication treatment for depression, you may be eligible to participate in our study. You can get help, and help others through your participation.

Please call 416.260.4199 for a confidential interview.

camh

For more information and other programs at CAMH please visit www.camh.net or call 416.535.8501

I read
Aster 34, Student

I hit the gym when I can.
John 58, Electrician

Chill with my friends.
Brian 23, Student

I like being creative. It's my drug.
Zile 69, Artist

My fiancé and I play instruments.
Michelle 29, Costumer

I meditate.
Brata 59, Musician

Do things with my family and for my community.
Gregor 43, Executive Director

Hang out with my kids. They keep me balanced.
Jyoti 44, Teacher

What do you do for your mental health?

May 1st to 7th is Mental Health Week. It's a chance to do more for yourself every day. Seven days to talk, reflect, learn, engage and celebrate all facets of mental health. Because good health includes mental health. **Mental health for all. Find out more at www.MentalHealthWeek.ca**

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CANADIAN MENTAL HEALTH ASSOCIATION
ASSOCIATION CANADIENNE POUR LA SANTÉ MENTALE

To flirt or be respected

DREW HINSHAW
LIFE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

Are you the office flirt?

If so, career counsellors warn, the only thing you're likely to pick up is a reputation for flakiness.

"It will cost you credit for the work at hand, even if you deserve it and you're working hard," says Courtney Anderson, a human resource lawyer.

Even in the 21st Century, the stakes remain unfairly steep for women, notes Helaine Olen, author of Office Mate.

"We still have a lot of sexist assumptions about flirting in the office"
HELAINE OLEN, AUTHOR

"We still have a lot of sexist assumptions about flirting in the office," she says.

"If you do it often you're going to be perceived as less serious, that's just a given."

Anderson agrees.

"For women, the gender issues are quite significant."

But gallivanting men, she adds, would be snookering themselves to think they can find their kicks playing cubicle footsy and still win the respect of their co-workers.

"It's the same basic risk for men and women, and for people who are straight, gay, or lesbian," Anderson cautions. "You are either seen as a professional, or you are not.

"You cannot be both," she continues.

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HANDOUT

▶ Cindy Ashton is a singer, motivational speaker and an inspiration on tour with her new show Red Carpet Dreaming to raise funds for youth and children's charities.

Motivation in song

Cindy Ashton conquered cancer, sets out to motivate

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

She was born with severe health issues and was only given a 20 per cent chance of survival. A series of surgeries saved her life but then she was bullied and beat up in school because she didn't fit in.

Through all of life's turning points Cindy Ashton never allowed herself to wallow in negativity.

She got healthy, rose to the top and conquered.

Ashton left her Toronto home for California and immediately began performing and volunteering at motivational conferences.

Her work was recognized in June 2010 when the Canadian was awarded the President Obama Call to Action Award.

Now she's telling her motivational story in words and song.

Ashton is hitting the road with her Red Carpet Dreaming Tour with the proceeds of her Toronto concert going to the Canadian Centre for Abuse Awareness.

Her message is from the heart. "Overcome your obstacles and become the star you were meant to be. There's a difference between embracing your fears and being a victim. Explore, transform yourself and find your gift.

As Gandhi said, 'Be the change you want to see in the world.'"

Events

- **May 7th** Flashmob Party 12:30p.m. Toronto Entrepreneurs Conference International Centre - Mississauga, ON
- **May 27th** Red Carpet Dreaming Fundraising Show 6:30 -10:30 p.m. St. Paul's Bloor Street, Toronto, ON, Broadway Revue Show

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CNE Casino will operate from August 1 to September 5, 2011.
CNE Casino intends to hire all successful graduates who apply for and receive a valid Gaming License.

Canada gets an F in physical activity

A new report finds 70 per cent of Canadian kids spend their after school, pre-dinner time watching TV or playing video games

ISTOCK

▶Children need at least one hour of physical activity every day.

Many Canadian kids plop themselves in front of a TV or computer screen after school, a trend that needs reversing to improve physical activity levels and overall health, a new report says.

The seventh annual Active Healthy Kids Canada Report Card, released Tuesday, focuses on 3 to 6 p.m., and says children and youth are getting "a mere 14 minutes" of moderate- to vigorous-intensity physical activity out of a possible 180 minutes.

"We need to figure out how we can maybe get kids outdoors and active again in that time period where it is light out and there are people around, so issues related to safety and so on might be a little less in that window of opportunity than after supper," said Mark Tremblay, chief scientific officer of the organization and director of the Healthy Active Living and Obesity Research Group.

Society has changed in the last couple of generations from one that was rich with after-school physical activity — for example, exploring the neighbourhood on the way home from school or going for bicycle rides — to one in which parents keep closer tabs on their children's whereabouts and report more indoor screen time.

The report card gives an F for physical activity levels in Canada, citing a survey showing only nine per cent of boys and four per cent of girls meet new Canadian Physical Activity Guidelines calling for 60 minutes of moderate to vigorous intensity physical activity every day. It also says children and youth are getting an average of six hours per day of screen time outside of school hours, and more than seven hours on weekend days.

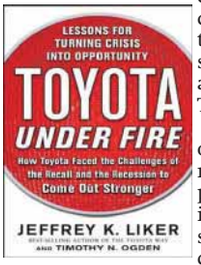
Health consequences of inactivity are being seen around the country, Tremblay said. "It's manifesting itself in the prevalence of disease — the most common cited are the obesity rates, but other things as well. Mental health issues of kids, and cardiovascular disease risk factors, and even development of the disease in young people. Development of Type 2 diabetes in children, these are things that should not be happening." **NEWS CANADA**

Toyota's recovery

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

A single incident in August 2009, which was captured by a terrifying 911 call from a family in California, created one of the greatest crisis Toyota had ever faced — this in addition to the pummeling recession.


LESSONS FOR TURNING CRISIS INTO OPPORTUNITY
TOYOTA
UNDER FIRE
How Toyota Faced the Challenges of the Recall and the Recession to Come Out Stronger
JEFFREY K. LIKER
AND TIMOTHY N. OGDEN

Authors Liker and Ogden describe how "over the course of the next six months, Toyota would recall more than 10 million vehicles."

For a company that was built upon pillars of quality and safety, this incident sparked a media witch-hunt with accusations against Toyota "of turning a blind eye to customer safety."

After a $1.5 million, 10-month intensive study of Toyota electronics by the National Highway Transportation Safety Administration, the results were announced this past February by the Secretary of Transport that "there is no electronic-based cause for unintended high-speed acceleration in Toyotas. Period."

Turns out, an outsized floor mat was the culprit, having been incorrectly installed by the dealership.

In their book, Toyota Under Fire, Liker & Ogden have closely examined what Toyota did to get through the crisis — and essentially, it was not much different than what they did before.

CRAIG LUND IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC.

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4 sports

Quoted

"We're going to have to fight for every inch, every game we get. Right now, we won Game 1. We're supposed to. We'll go back and focus on winning Game 2."

MIAMI HEAT GUARD DWYANE WADE AFTER HIS TEAM BEAT THE BOSTON CELTICS 99-90 IN GAME 1 OF THEIR SECOND-ROUND PLAYOFF SERIES YESTERDAY. GAME 2 IS TOMORROW IN MIAMI.

Scan code for more sports

JEFF CHIU/THE ASSOCIATED PRESS

▶ Sharks centre Logan Couture watches as a shot by teammate Niclas Wallin beats Wings goalie Jimmy Howard.

Sharks clip Wings again

Niemi helps San Jose takes 2-0 lead in series against Detroit

SHARKS	RED WINGS
2	1

The defencemen are scoring, the high-scoring forwards are working in the defensive zone and Antti Niemi played the same way he did when he knocked San Jose out of the playoffs a year ago.

That all added up to another win for the Sharks and a 2-0 series lead against the Detroit Red Wings in the Western Conference semifinals.

Ian White and Niclas Wallin scored their first goals of the post-season, Niemi made 33 saves and the Sharks put together a complete performance to beat the Red Wings 2-1 yesterday. Niemi helped kill off three penalties in the opening half of the first period and came up with countless big saves in the final two periods of perhaps his best playoff game since helping Chicago sweep San Jose in the conference finals a year ago.

"We like him on our side a lot better," forward Dany Heatley said. "He's a steady guy. He makes the saves he should make; he's in position. And he makes a lot of saves he shouldn't make."

THE ASSOCIATED PRESS

Yankees' bats power past Jays

YANKEES	JAYS
5	2

Curtis Granderson hit a three-run homer, Mark Teixeira also went deep and the New York Yankees powered their way to a 5-2 victory over the Toronto Blue Jays yesterday.

The Yankees took the final two games against the Blue Jays to remain unbeaten (5-0-1) in series at home.

Ivan Nova (2-2) pieced together his second straight positive outing for New York, allowing two runs on six hits over 5⅓ innings. He allowed six hits and four walks. Mariano Rivera worked a perfect ninth inning for his 10th save.

Adam Lind hit a solo homer, Rajai Davis swiped three bases and David Cooper had his first two career hits for Toronto, but it still wasn't enough support for Jesse Litsch (2-2).

Litsch allowed five runs on six hits and two walks, losing for the fourth straight time against the Yankees. He is 1-5 with a 6.03 earned-run average in seven career starts against the Bronx Bombers.

"He threw the ball well enough to keep us in the game," Toronto manager John Farrell said.

THE ASSOCIATED PRESS

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Days Inn Hotel,
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North York, ON,
Date: May 24,2011
Time: 12:30pm & 7pm
Date: May 28,2011
Time: 10:00pm & 1pm

TORONTO:
Days Inn Hotel,
1677 Wilson Ave.,
Toronto, ON,
Date: May 25,2011
Time: 12:30pm & 7pm

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NATHAN DENETTE/THE CANADIAN PRESS

▶ Georges St-Pierre, left, battles Jake Shields at UFC 129 on Saturday night.

Usual questions surround GSP

Welterweight champion dominates Shields but fails to score a knockout
A date with Strikeforce champion Nick Diaz could be next for St-Pierre

Georges St-Pierre looked frustrated.

It was a long night for the welterweight champion at UFC 129. Despite a dominant win, the Montreal native will have to endure criticism for not finishing his opponent — instead settling for a decision over Jake Shields.

"When you're fighting the best in the world, it is what it is," UFC president Dana White said of the challenges facing title-holders who always have a target on their backs.

"And Georges St-Pierre has a style, man. He has a style that wins him fights. ... The better the competition, the more guys you fight, the more it's going to happen."

It was the ninth straight win and sixth consecutive title defence for St-Pierre.

But five of those defences have gone the five-round distance.

"There's no doubt. No matter what the score was, Georges dominated the fight."
UFC PRESIDENT DANA WHITE ON GEORGES ST-PIERRES WIN AT UFC 129

St-Pierre is now ranked No. 8 on FightMetric's longest average fight time, with the average GSP bout lasting 14 minutes four seconds.

St-Pierre said Shields's striking was better than he expected. While the challenger marked his face and injured his eye, St-Pierre was never in trouble.

"The one criticism I will give Georges is he was throwing this weird overhand right the whole fight that looked like he was trying to knock him out," White said.

The judges scored it 50-45, 48-47, 48-47 for St-Pierre. He lost rounds 4 and 5 on two of the scorecards, ending his string of consecutive rounds won at 33.

The fight bonuses were a UFC record at $129,000. Jose Aldo's win over Canadian Mark Hominick earned both fighters bonuses for fight of the night.

Lyoto Machida earned $129,000 for knockout of the night on Randy Couture, and Pablo Garza's flying triangle to stop Montreal's Yves Jabouin was named submission of the night. **THE CANADIAN PRESS**

UFC 129

Couture's final bow in octagon

There was a painful farewell to Randy (The Natural) Couture before the UFC-record 55,724 at the Rogers Centre.

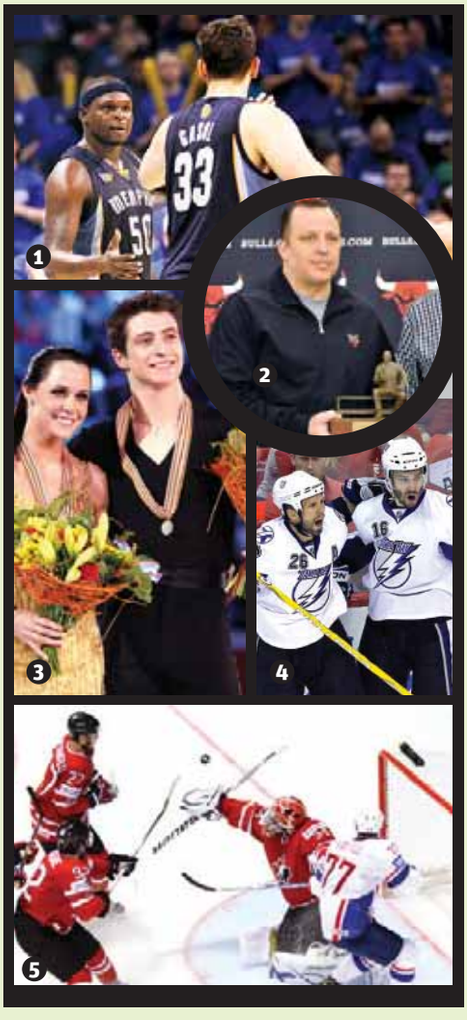
Former light-heavyweight champion Lyoto (The Dragon) Machida knocked out the UFC Hall of Famer with a devastating front kick at 1:05 of the second round.

The 47-year-old Couture also had a tooth knocked out in his farewell fight.

Couture missed the post-fight news conference. He went to hospital to be checked out. **THE CANADIAN PRESS**

Sports in pictures

PHOTOS
1. RONALD MARTINEZ/GETTY IMAGES
2. DAVID BANKS/THE ASSOCIATED PRESS
3. DMITRY LOVETSKY/THE ASSOCIATED PRESS
4. ALEX BRANDON/THE ASSOCIATED PRESS
5. PETR DAVID JOSEK/THE ASSOCIATED PRESS



1 Zach Randolph had 34 points and 10 rebounds and Marc Gasol added 20 and 13, as Memphis beat Oklahoma City 114-101 in Game 1 of their NBA second-round series yesterday. **THE ASSOCIATED PRESS**

2 Tom Thibodeau is the NBA's Coach of the Year after leading Chicago to 62 wins in his first season, tying a league record set by Paul Westphal. The Bulls open the Eastern Conference semifinals against the Atlanta Hawks tonight. **THE ASSOCIATED PRESS**

3 Canada's Tessa Virtue and Scott Moir won silver at the world figure skating championships Saturday. Americans Meryl Davis and Charlie White won gold with a total score of 185.27. **THE CANADIAN PRESS**

4 Vincent Lecavalier scored in overtime as the Tampa Bay Lightning beat the Washington Capitals 3-2 for a 2-0 lead in the second-round series. **THE ASSOCIATED PRESS**

5 Jeff Skinner scored two goals and James Reimer made 22 saves as the Canadians hammered France 9-1 at the IIHF World Hockey Championship in Kosice, Slovakia. **THE CANADIAN PRESS**

NATIONAL HOCKEY LEAGUE

PLAYOFFS

All times Eastern

CONFERENCE SEMI-FINALS

(Best-of-7 series)

EASTERN CONFERENCE

WASHINGTON VS. TAMPA BAY
(Tampa Bay leads 2-0)
Last night's result
Tampa Bay 3 Washington 2 (OT)
Tomorrow's game
Washington at Tampa Bay, TBA
Wednesday's game
Washington at Tampa Bay, 7 p.m.
Saturday, May 7
x-Tampa Bay at Washington, 12:30 p.m.
Monday, May 9
x-Washington at Tampa Bay, TBA
Wednesday, May 11
x-Tampa Bay at Washington, TBA
PHILADELPHIA VS. BOSTON
Saturday's result
Boston 7 Philadelphia 3
Monday's game
Boston at Philadelphia, 7:30 p.m.
Wednesday's game
Philadelphia at Boston, 7 p.m.
Friday's game
Philadelphia at Boston, 8 p.m.
Sunday, May 8
x-Boston at Philadelphia, 3 p.m.
Tuesday, May 10
x-Philadelphia at Boston, TBA
Thursday, May 12
x-Boston at Philadelphia, TBA

WESTERN CONFERENCE

VANCOUVER VS. NASHVILLE
(Series tied 1-1)
Saturday's result
Nashville 2 Vancouver 1 (2OT)
Tomorrow's game
Vancouver at Nashville, 9 p.m.
Thursday's game
Vancouver at Nashville, 8:30 p.m.
Saturday, May 7
x-Nashville at Vancouver, 8 p.m.
Monday, May 9
x-Vancouver at Nashville, TBA
Wednesday, May 11
x-Nashville at Vancouver, TBA
SAN JOSE VS. DETROIT
(San Jose leads 2-0)
Sunday's result
San Jose 2 Detroit 1
Wednesday's result
San Jose at Detroit, 8 p.m.
Friday's result
San Jose at Detroit, 7 p.m.
Sunday, May 8
x-Detroit at San Jose, 8 p.m.
Tuesday, May 10
x-San Jose at Detroit, TBA
Thursday, May 12
x-Detroit at San Jose, TBA
x — if necessary.

SHARKS 2, RED WINGS 1

First Period
1. San Jose, I.White 1 (Heatley, Clowe) 4:54 (pp)
Penalties — Clowe SJ (roughing) 0:59, Abdelkader Det (high-sticking) 3:11, Ferriero SJ (double high-sticking) 6:23, Bertuzzi Det, Vlasic SJ (roughing) 16:08, Zetterberg Det (high-sticking) 17:27.
Second Period — No Scoring.
Penalties — Holmstrom Det (holding) 2:27, Pavelski SJ (interference) 3:29, Bertuzzi Det, Eager SJ (roughing) 6:36, Eager SJ (misconduct) 8:37, Rafalski Det (delay of game) 9:33.
Third Period
2. San Jose, Wallin 1 (Clowe, Couture) 1:39
3. Detroit, Zetterberg 1 (Datsyuk, Holmstrom) 13:58 (pp)
Penalties — Thornton SJ (interference) 2:50, Holmstrom Det (roughing) 3:27, Setoguchi SJ (slashing) 13:22.

Shots

Detroit	12	9	13	—34
San Jose	7	19	11	—37

Goal — Detroit: Howard (L,4-2-0); San Jose: Niemi (W,5-2-0). **Power plays (goals-chances)** — Detroit: 1-6; San Jose: 1-5.
Referees — Kevin Pollock, Kelly Sutherland.
Linesmen — Brad Lazarowich, Jay Sharrers.
Att. — 17,562 (17,562) at San Jose, Calif.

HOCKEY

IIHF

MEN'S WORLD CHAMPIONSHIP

Yesterday's results
At Bratislava
Russia 6 Slovenia 4
Germany 4 Slovakia 3
At Kosice
Canada 9 France 1
Switzerland 4 Belarus 1
Saturday's results
At Bratislava
Finland 5 Denmark 1
Czech Republic 4 Latvia 2
At Kosice
U.S. 5 Austria 1
Norway 5 Sweden 4 (SO)
Today's games
All times Eastern
At Bratislava
Czech Republic vs. Denmark, 10:15 a.m.
Latvia vs. Finland, 2:15 p.m.
At Kosice
U.S. vs. Norway, 10;15 a.m.
Sweden vs. Austria, 2:15 p.m.

FIGURE SKATING

WORLD CHAMPIONSHIPS

At Moscow
Saturday
Women's Free Skating
1. Miki Ando, Japan, 130.21 points.
2. Kim Yu-na, South Korea, 128.59.
3. Carolina Kostner, Italy, 124.93.
12. Cynthia Phaneuf, Canada, 100.16.
18. Amelie Lacoste, Canada, 92.78.
Overall Standings
1. Miki Ando, Japan, 195.79 points.
2. Kim Yu-na, South Korea, 194.50.
3. Carolina Kostner, Italy, 184.68.
13. Cynthia Phaneuf, Canada, 152.78.
16. Amelie Lacoste, Canada, 144.76.
Ice Dance — Free Dance
1. Meryl Davis and Charlie White, United States, 111.51 points.
2. Tessa Virtue & Scott Moir, Canada, 107.50.
3. Maia Shibutani & Alex Shibutani, US, 96.91.
4. Kaitlyn Weaver & Andrew Poje, Cda., 95.25.
8. Vanessa Crone & Paul Poirier, Canada, 90.12.
Overall Standings
1. Meryl Davis & Charlie White, US, 185.27.
2. Tessa Virtue & Scott Moir, Canada, 181.79.
3. Maia Shibutani & Alex Shibutani, US, 163.79.
5. Kaitlyn Weaver & Andrew Poje, Cda., 160.32.
10. Vanessa Crone & Paul Poirier, Cda., 151.13.

LIGHTNING 3, CAPITALS 2 (OT)

First Period
1. Tampa Bay, Lecavalier 3 (St. Louis, Malone) 19:01 (pp)
Penalties — Knuble Wash (interference) 7:14, Downie TB (holding) 9:04, B.Jones TB (tripping) 12:11, Clark TB (cross-checking) 14:08, Ovechkin Wash (high-sticking) 17:56.
Second Period
2. Washington, Laich 1 (Backstrom, Erskine) 14:52
Penalties — Malone TB (high-sticking) 1:33, Bergeron TB (hooking) 4:17, Green Wash (roughing) 6:02, Bergenheim TB (hooking) 11:00, Schultz Wash (holding) 15:28.
Third Period
3. Tampa Bay, St. Louis 5 (Purcell) 7:35
4. Washington, Ovechkin 4 (Arnott, Laich) 18:52
Penalty — Green Wash (roughing) 8:32.
First Overtime
5. Tampa Bay, Lecavalier 4 (Purcell, R.Jones) 6:19
Penalties — None.
Shots on goal by

Tampa Bay	6	3	11	3 —23
Washington	11	16	5	5 —37

Goal — Tampa Bay: Roloson (W,6-3-0); Washington: Neuvirth (L,4-3-0).
Power plays (goals-chances) — Tampa Bay: 1-5; Washington: 0-6.
Referees — Chris Lee, Tim Peel. **Linesmen** — Scott Driscoll, Brad Kovachik.
Attendance — 18,398 (18,398).

TENNIS

ATP-WTA

ESTORIL OPEN

At Oeiras, Portugal
Men's Singles — Final
Juan Martin del Potro (8), Argentina, def. Fernando Verdasco (2), Spain, 6-2, 6-2.
Men's Singles — Quarter-finals
Fernando Verdasco (2), Spain, def. Kevin Anderson (7), South Africa, 6-7 (2), 6-2, 6-3.
Milos Raonic (5), Canada, def. Gilles Simon (4), France, 7-6 (4), 4-6, 6-3.
Men's Singles — Semi-finals
Juan Martin del Potro (8), Argentina, def. Pablo Cuevas, Uruguay, 6-2, 7-6 (6).
Fernando Verdasco (2), Spain, def. **Milos Raonic (5), Canada,** 6-4, 0-0, retired.
Women's Final
Anabel Medina Garrigues, Spain, def. Kristina Barrois, Germany, 6-1, 6-2.

ATP

BMW OPEN

At Munich
Singles — Final
Nikolay Davydenko (7), Russia, def. Florian Mayer (5), Germany, 6-3, 3-6, 6-1.
Doubles — Semi-finals
Andreas Beck and Christopher Kas, Germany, def. James Cerretani, U.S., and **Adil Shamasdin, Pickering, Ont.,** 6-4, 6-3.

SERBIA OPEN

At Belgrade, Serbia
Singles — Final
Novak Djokovic (1), Serbia, def. Feliciano Lopez, Spain, 7-6 (4), 6-2.

MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	16	9	.640	—
Tampa Bay	15	13	.536	2½
Baltimore	13	13	.500	3½
Toronto	13	15	.464	4½
Boston	12	15	.444	5

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	19	8	.704	—
Kansas City	15	13	.536	4½
Detroit	12	16	.429	7½
Chicago	10	19	.345	10
Minnesota	9	18	.333	10

WEST DIVISION

	W	L	Pct	GB
Los Angeles	16	12	.571	—
Texas	16	12	.571	—
Oakland	14	14	.500	2
Seattle	13	16	.448	3½

Yesterday's results
N.Y. Yankees 5 Toronto 2
Baltimore 6 Chicago White Sox 4
L.A. Angels 6 Tampa Bay 5
Oakland 7 Texas 2
Cleveland 5 Detroit 4
Kansas City 10 Minnesota 3
Boston 3 Seattle 2
Saturday's results
N.Y. Yankees 5 Toronto 4
Seattle 2 Boston 0
Baltimore 6 Chicago White Sox 2
Tampa Bay 2 L.A. Angels 1 (10 innings)
Texas 11 Oakland 2
Cleveland 3 Detroit 2 (13 innings)
Kansas City 11 Minnesota 2
Today's games
All times Eastern
Texas (Holland 3-1) at Oakland (McCarthy 1-2), 3:35 p.m.
N.Y. Yankees (Colon 2-1) at Detroit (Verlander 2-3), 7:05 p.m.
L.A. Angels (Weaver 6-0) at Boston (C.Buchholz 1-3), 7:10 p.m.
Baltimore (Guthrie 1-3) at Chicago White Sox (Buehrle 1-3), 8:10 p.m.

LACROSSE

NLL PLAYOFFS

All times Eastern

DIVISIONAL SEMI-FINALS

EAST DIVISION
Yesterday's result
Toronto 10 Rochester 8
Saturday's result
Buffalo 11 Boston 10
WEST DIVISION
Saturday's results
Calgary 10 Colorado 6
Washington 14 Minnesota 8

DIVISIONAL FINALS

Saturday, May 7
EAST DIVISION
Toronto at Buffalo, 7:30 p.m.
WEST DIVISION
Washington at Calgary, 9:30 p.m.

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NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	18	8	.692	—
Florida	17	9	.654	1
Atlanta	14	15	.483	5½
Washington	13	14	.481	5½
New York	11	16	.407	7½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	16	12	.571	—
Cincinnati	14	14	.500	2
Milwaukee	13	14	.481	2½
Pittsburgh	13	15	.464	3
Chicago	12	15	.444	3½
Houston	11	17	.393	5

WEST DIVISION

	W	L	Pct	GB
Colorado	17	9	.654	—
Los Angeles	14	15	.483	4½
San Francisco	13	14	.481	4½
Arizona	12	15	.444	5½
San Diego	11	17	.393	7

Yesterday's results
San Diego 7 L.A. Dodgers 0
Washington 5 San Francisco 2
Atlanta 6 St. Louis 5
Houston 5 Milwaukee 0
Pittsburgh 8 Colorado 4
Arizona 4 Chicago Cubs 3
Florida 9 Cincinnati 5
N.Y. Mets at Philadelphia
Saturday's results
Philadelphia 2 N.Y. Mets 1
St. Louis 3 Atlanta 2
San Francisco 2 Washington 1
Houston 2 Milwaukee 1
Cincinnati 4 Florida 3 (10 innings)
Chicago Cubs 5 Arizona 3
Colorado 4 Pittsburgh 1
San Diego 5 L.A. Dodgers 2
Tonight's games
All times Eastern
San Francisco (Bumgarner 0-4) at Washington (Gorzelanny 0-2), 7:05 p.m.
Houston (Happ 1-4) at Cincinnati (Leake 3-0), 7:10 p.m.
Milwaukee (Gallardo 2-1) at Atlanta (Jurrjens 2-0), 7:10 p.m.
Florida (Volstad 2-1) at St. Louis (Lohse 4-1), 8:15 p.m.
Pittsburgh (Ja.McDonald 1-2) at San Diego (Harang 4-1), 10:05 p.m.
Chicago Cubs (J.Russell 1-3) at L.A. Dodgers (Kershaw 2-3), 10:10 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE
Arsenal 1 Manchester United 0
Birmingham 1 Wolverhampton 1
Liverpool 3 Newcastle 0
Manchester City 2 West Ham 1

SCOTLAND

PREMIER LEAGUE
Celtic 4 Dundee United 1

FRANCE

LIGUE 1
Marseille 1 Auxerre 1
Montpellier 0 Brest 0
Nice 0 Caen 4
Toulouse 2 Lyon 0
Saint-Etienne 1 Monaco 1

NBA

PLAYOFFS

All times Eastern

SECOND ROUND

(Best-of-7 series)
EASTERN CONFERENCE
Chicago (1) vs. Atlanta (5)
Tonight's game
Atlanta at Chicago, 8 p.m.
Miami (2) vs. Boston (3)
(Miami leads 1-0)
Yesterday's result
Miami 99 Boston 90
Tomorrow's game
Boston at Miami, 7 p.m.
WESTERN CONFERENCE
L.A. Lakers (2) vs. Dallas (3)
Tonight's game
Dallas at L.A. Lakers, 10:30 p.m.
Oklahoma City (4) vs. Memphis (8)
(Memphis leads 1-0)
Yesterday's result
Memphis 114 Oklahoma City 101
Tomorrow's game
Memphis at Oklahoma City, 9:30 p.m.

GOLF

PGA

ZURICH CLASSIC

At Avondale, La.
(Par 72)
Final Round
(x-won on second playoff hole)

x-Bubba Watson (500), $1,152,000	66-68-70-69—273
Webb Simpson (300), $691,200	68-69-67-69—273
Jason Dufner (145), $332,800	68-69-72-66—275
Tommy Gainey (145), $332,800	67-71-68-69—275
K.J. Choi (145), $332,800	68-71-67-69—275
Matt Jones (95), $222,400	66-71-69-70—276
George McNeill (95), $222,400	71-70-65-70—276
Billy Mayfair (75), $172,800	69-70-72-67—278
David Mathis (75), $172,800	70-68-72-68—278
Andres Romero (75), $172,800	72-71-67-68—278
Luke Donald (75), $172,800	68-71-70-69—278
Greg Chalmers (75), $172,800	72-69-67-70—278
David Hearn (23), $17,741	**71-68-70-76—285**

LPGA

AVNET CLASSIC

At Mobile, Ala.
(Par 72)
Final Round

Maria Hjorth, $195,000	70-74-67-67—278
Song-Hee Kim, $118,921	67-72-70-71—280
Na Yeon Choi, $76,502	69-72-71-69—281
Suzann Pettersen, $76,502	72-68-71-70—281
Stacy Lewis, $53,715	68-71-74-69—282
Katherine Hull, $37,655	72-71-71-69—283
Hee Kyung Seo, $37,655	73-74-65-71—283
Amy Yang, $37,655	70-68-72-73—283
Alena Sharp, $11,553	**72-69-76-71—288**
Lorie Kane, $11,553	**72-73-71-72—288**
Samantha Richdale, $2,734	**74-73-72-77—296**

NATIONWIDE TOUR

SOUTH GEORGIA CLASSIC

At Valdosta, Ga.
(Par 72)
Third Round

Ted Potter, Jr.	70-69-65—204
Jon Mills	**69-66-69—204**
Jonas Blixt	71-69-66—206
Mathew Goggin	66-73-67—206
Charles Warren	71-69-67—207

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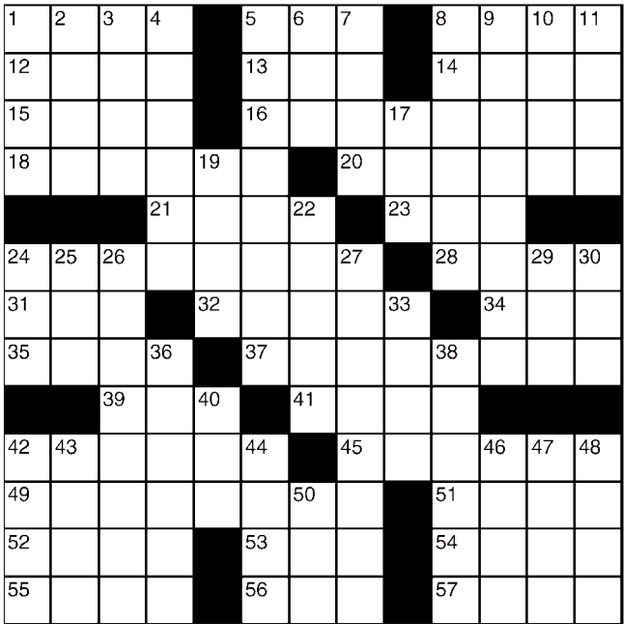
Crossword



Across

1 Trudge
5 Serenade the moon
8 No-no for a vegan
12 Wash
13 One's years
14 Wheel bar
15 Satanic
16 "Location" for one in disfavor
18 Meanie
20 Wine glass
21 Three- — sloth
23 Mr. Sajak
24 Bent over, as a page corner
28 Cook in the oven
31 "CSI" evidence
32 Reservation home
34 "To be or — ..."
35 Examination
37 Doctrinaire
39 Trail behind
41 Donkey's pin-on
42 Expressed a feeling
45 Perfect place
49 Comical poetry
51 Quest
52 Reverberate
53 Every last bit
54 Saxophone range
55 Drunkards
56 "See ya"
57 Feed the hogs

Down

1 Commoner
2 Volcanic outflow
3 Roman love poet
4 Strike from the text
5 Harassed
6 Past
7 Safecracker
8 Tropical tree
9 Showing great joy
10 Otherwise
11 Yard components
17 Leap
19 Capricorn
22 Train station
24 Banned pesticide
25 Individual
26 Old lamp illuminant
27 French president throughout the '60s
29 Japanese pond carp
30 And so forth (Abbr.)
33 Send forth
36 Ballroom dances
38 Hawaiian welcomes
40 "Golly!"
42 Praiseful verses
43 Somewhat, in music
44 Colourless
46 Yank
47 Division word
48 On
50 TV Tarzan portrayer

▶ Yesterday's answer

A	B	S		A	F	A	R		T	R	A	P		
I	R	A		T	U	N	A		E	A	C	H		
D	A	Y	D	R	E	A	M		S	H	E	D		
A	S	S	A	I	L		A	F	T					
			N	U	S		D	A	Y	S	P	A		
H	A	R	E	M		T	A	X		A	R	C		
I	R	E	S		T	E	N		B	R	I	M		
E	E	L		F	O	X		P	R	I	M	E		
D	A	Y	G	L	O		A	H	A					
			O	U	R		B	A	S	S	O	S		
V	E	T	O		D	A	Y	S	H	I	F	T		
A	G	E	S		E	N	S	E		A	M	O		
N	O	D	E		R	O	S	S		M	E	W		

Sudoku

				5		3	8	2
2	8		9	1			7	
						4		
			2					6
7	4		1		5		3	9
6					3			
		1						
	3			4	1		6	7
8	5	6		9				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	6	2	8	3	5	7	9	4
5	7	3	2	4	9	1	6	8
4	8	9	6	1	7	3	2	5
9	2	1	4	7	3	5	8	6
6	4	7	1	5	8	9	3	2
3	5	8	9	2	6	4	7	1
2	9	4	3	8	1	6	5	7
7	1	6	5	9	2	8	4	3
8	3	5	7	6	4	2	1	9

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Willy, Hiya Little Kitty! Cotton sends his love! He's a precious kitty too, just like you! W+T, Be Good, and 2012 is going to be your favoritest year ever! XXOOXX TPCA From **TANKIE POO**

Office Boy, You've probably seen me checking you out ALL THE TIME when you pass by our coffee kiosk... just want to let you know that you make my heart flutter every single time. Ohh~ and you look HOT in that suit. Only wishing that we could at least have a lil conversation when you walk by?? Even if it's just simply a "good morning" or "how's work?" From **BARISTA GIRL**

To My son, Happy Third Birthday Son. You Are My Everything And I Dont Kno Were I Would Be With Out You. So I thank God Everyday For Give You To Me. You are Mera Jaanu. oxoxo Lot's of love **MOMMY!!!**

Today 14°/4° Variable
Tuesday 10°/4° Showers 40%
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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A creative project is now at a crossroads.
♉ Taurus April 21-May 21 Your workload will increase dramatically over the next few days.
♊ Gemini May 22-June 21 If you allow a feud to linger on much longer the results could be disastrous.
♋ Cancer June 22-July 22 If you force yourself to do something when your heart isn't in it it's unlikely you will make a very good job of it.
♌ Leo July 23-Aug.23 If you push yourself hard today chances are it will pay off in a big way..
♍ Virgo Aug. 24- Sept. 22 Summon up your reserves of courage and make the most of your not inconsiderable talents.
♎ Libra Sept. 23-Oct. 23 Everyone else sees you as a genuine star but for some strange reason you don't see it yourself.
♏ Scorpio Oct. 24-Nov. 22 You know you've got what it takes, so don't let others get you down.
♐ Sagittarius Nov. 23-Dec. 21 You have taken a dislike to someone you work with, but are your feelings rational?
♑ Capricorn Dec. 22-Jan. 20 The only sure way to make a fortune is to work for it.
♒ Aquarius Jan. 21-Feb. 18 It takes all sorts of people to make an interesting world
♓ Pisces Feb. 19-March 20. Think before you speak and only speak if what you have to say is emotionally uplifting.

SALLY BROMPTON

Caption contest

THE ASSOCIATED PRESS

MATTHIAS SCHRADER/THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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